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Portugal excluded in child sex raid

UK police confirmed this week that they did not call on their Portuguese counterparts to participate in the operation to dismantle an international paedophile network. Seven hundred suspects across the globe have been identified and 31 children saved, police said.

Portugal among most desertified

Portugal is among Europe's three most desertified nations along with Italy and Turkey, analysts from Desert Watch have found, which operates under the umbrella of the European Space Agency.

Beja international airport?

Members of the Beja Social Democrats are to propose to the government that it looks at amplifying the Alentejo city's airport to become the country's major international airport. The airport is located one hour from Lisbon and Faro.

Corruption is rife say Portuguese

A study by a university professor has found that Portuguese believe corruption to be on the increase. A total of 51.9 percent of respondents said the period between 2000 and now is when most corruption existed in the country. This period is followed by 1974-1979, elected by 19.8 percent as having been the most corrupt time in Portugal.

Inflation down to 2.4%

The Office of National Statistics said this week that inflation fell 0.3 points in May to 2.4 percent when compared with April figures.

Weekend weather

Lisbon: Saturday: Partly Cloudy, high of 24°
Sunday: Sunny, high of 25°
Faro: Saturday: Sunny, high of 28°
Sunday: Sunny, high of 26°
Oporto: Saturday: Scattered Showers, high of 21°
Sunday: Partly Cloudy, high of 22°.

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Hospitals ill-equipped as doctors refuse to conduct abortions

ABORTION COMMOTION

Starting this Friday, women in Portugal will be able to undergo voluntary termination of pregnancies at government or private hospitals. However, only 14 of the country's 40 state hospitals with obstetric services have requested a supply of the abortion inducing drug (Mifepristone) while a vast number of other venues are still awaiting the arrival of equipment such as suction curettes.



Coupled with lack of the necessary equipment to conduct voluntary terminations, the overwhelming majority of Portuguese obstetricians are refusing to perform abortions. Luis Graça, president of the Medical Order's Obstetric College, has meanwhile confirmed that "Hospitals are not ready to start on 22nd June".

In April, President Cavaco Silva signed a law permitting Portuguese women to opt for abortion through to the tenth week of pregnancy.

The bill, proposed by the Socialist government, was passed by parliament in March, bringing predominantly Roman Catholic Portugal into line with most of its

European Union partners.

Lawmakers acted after a referendum a month earlier had indicated a majority of Portuguese supported change of the country's restrictive abortion law, despite strong opposition from the Catholic Church.

Turnout for the referendum had been insufficient to make the re-

sults binding.

Women's rights activists say that as many as 10,000 women are hospitalised yearly in Portugal from botched, illegal abortions.

Meanwhile, the National Health Service is set to see waiting lists soar as it struggles to come to terms with the expected increase in demand for voluntary

terminations of pregnancies (VTP) at state hospitals.

Luis Garcia, who is also the chief of gynaecology and obstetrics at Lisbon's Santa Maria Hospital, told the *Diário de Notícias*, "No single hospital in the country will be capable of answering

Abortion, See. p.19

Lisbon climbs 15 places in most expensive city rankings



Lisbon elections candidate Fernando Negrão during a visit to the Olivais e Moscavide Sports Club in Lisbon on Wednesday. (Photo: Lusa / Mário Cruz)

Lisbon has risen 15 places to 73rd on the list of the world's most expensive cities. According to a spokesperson for Mercer Human Resource Consulting, which conducted the survey, the reason behind cities such as the Portuguese capital rising in cost "are primarily due to exchange rate fluctuations - in particular, the weakening of the US Dollar and strengthening of the Euro."

Moscow is the world's most expensive city for expatriates for the second consecutive year, according to the latest Cost of Living Survey from Mercer Human Resource Consulting. London is in second position, climbing three places since last year. Seoul moves down one place in the ranking to take third place, followed by Tokyo in fourth. Asuncion in Paraguay is the least expensive city for the fifth year running.

With New York as the base city scoring 100 points, Moscow scores 134.4 and is over two-and-a-half times costlier than Asuncion, which has an index of 50. Even so, the gap between the world's most and least expensive cities appears to be narrowing.

Lisbon was awarded a rating of 80.8 points by Mercer researchers. Costly European cities include Copenhagen in 6th place (110.2), Geneva in 7th (109.8) and Zurich in 9th (107.6). Oslo remains in 10th place with a score of 105.8 while Milan climbs two places to position 11 (104.4). Sofia in Bulgaria is Europe's least expensive city in 108th place with a score of 72.5.

Mercer's survey covers 143 cities across six continents and measures the comparative cost of over 200 items in each location, including housing, transport, food, clothing, household goods and entertainment. It is the world's most comprehensive cost of living survey and is used to help multinational companies and governments determine compensation allowances for their expatriate employees.

This study follows a recent report that showed Lisbon had risen six places in the latest ranking of quality of living in major

cities. The Portuguese capital was placed in the top 50, at number 47, moving ahead of cities such as New York or Milan.

The 2007 Worldwide Quality of Living Survey rated Lisbon as an "above average" city for the first time, giving it a score of 100.1.

Scores are based on the quality and availability of hospital and medical supplies and levels of air pollution and infectious diseases. The efficiency of waste removal and sewage systems, water potability and the presence of harmful animals and insects are also taken into account.

Zurich ranks as the world's top city, with a rating of 108.1. The city narrowly out-ranks Geneva, which scores 108. Vancouver and Vienna follow in joint third place and score 107.7.

Cities in Europe and Australia continue to dominate the top end of the rankings for overall quality of living. Auckland and Düsseldorf share joint fifth place and score 107.3 points. Frankfurt and Munich follow with scores of 107.1 and 106.9 respectively. Bern and Sydney both score 106.5 points and share joint 9th place.

The analysis is based on an evaluation of 39 quality of living criteria for each city including political, social, economic and environmental factors, personal safety and health, education, transport and other public services.

Baghdad remains the world's least enticing city for expatriates with a score of 14.5.

Other low-scoring cities for overall quality of living include Brazzaville in Congo (29.5), Bangui in the Central African Republic (30.6) and Khartoum in Sudan (31).

Lisbon's No.2 diplomat in East Africa to prep EU-AU summit

Portugal's state secretary for foreign affairs, João Gomes Cravinho, began a three-state East Africa tour on Wednesday for talks to prepare the European Union-African Union summit being staged in December in Lisbon during the upcoming Portuguese EU presidency, officials said.

Mr Cravinho would have meetings scheduled with Ugandan President Yoweri Museveni, President Jakaya Kikwete of Tanzania and Kenyan counterpart Moses Wetangula, a Lisbon government statement said.

Besides the EU-AU summit set for December 8-9, Portugal's No. 2 diplomat used these talks in East African capitals to discuss the "finalisation of an economic partnership accord between the EU and East Africa," as well as regional issues affecting the Great Lakes region and the Democratic Republic of Congo.

The summit between European and African leaders has been successively delayed due to rifts between the two blocs over the presence of controversial Zimbabwean President Robert Mugabe at the event. The EU

imposed a travel ban on Mugabe and other senior Harare officials after the veteran Zimbabwean leader won elections in 2002, which observers said were rigged and tarnished by intimidation.

On Monday, Portuguese Foreign Minister Luis Amado said he hoped Mugabe would not be coming to the EU-AU summit in December, as the presence of Zimbabwe's head of state in Lisbon would be a "factor of disturbance."

But Portugal's head of diplomacy acknowledged the complexity of the Mugabe situation, noting that EU sanctions against Harare, renewed earlier this year, are a "matter of principle", in the same way it is "the position for the AU that all heads of state should be invited."

Lisbon organized the inaugural summit between the EU and the AU's predecessor, the Organization of African Unity, during Portugal's previous stewardship of Europe in 2000. A follow-up summit fixed for 2003 in Lisbon never took place due to disagreements over the presence, or otherwise, of Zimbabwe's octogenarian leader.

TPN/Lusa

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Looking to skies in hope



Hopes are that more than a hundred launches at 50 worldwide locations will this Friday (June 22nd) see the release of 50 yellow helium balloons marking the 50th day since Madeleine McCann was taken. Her parents, Kate and Gerry will be leading the event in Praia da Luz at the main beach, with a launch taking place at 14h00. At least two other locations, Aveiro and Funchal, have confirmed their participation in the event.

Thousands of yellow balloons will be released all over the world this Friday. While Madeleine's whereabouts have been unknown for more than seven weeks, perhaps this four year old girl will find some solace should she look up to the sky and see a yellow balloon of hope.

According to Kate and Gerry, the objective of the event is simple and is aimed to ensure Madeleine is not forgotten.

Following the false alarms of last week, the past week has arguably been the quietest since she was taken from her bed at a holiday apartment in Praia da Luz on May 3.

Gerry McCann spent some

time in Britain where he interviewed a number of prospective campaign managers.

A source close to the family told *The Portugal News* that an announcement on an appointment "would be made within the next few days".

Mr McCann meanwhile spoke of his eventful trip to London, where he first, "Helped a passenger on the flight who collapsed and who was ill enough to require a full assessment on arrival and went off to hospital in an ambulance."

Unfortunately, after performing his 'good deed' of the day he had his wallet stolen shortly after arriving in London.



Missing Madeleine McCann and on the right, her waiting and hopeful mother Kate

"We had very good discussions regarding sustaining the search for Madeleine long term", explained Mr McCann, but said: "The role for Kate and I in the campaign will not be nearly so public. We have to balance any

campaigning in the search for Madeleine with protecting Sean and Amelie and making sure their privacy is protected."

In Portugal, the balloon launch will take place at three confirmed venues but at differing times.

The first launch in Portugal will take place at 11h00 at the Praia da Costa Nova in Aveiro, followed by the 14h00 launch in Praia da Luz.

Exactly 50 children will launch the 50 balloons for Madeleine, in

Madeira, Funchal at Cais da Avenida do Mar e das Comunidades Madeirenses, which can be found between the Vagrant-Beatles Restaurant and the Marina do Funchal, in the city centre.

Game banned in UK, video to be sold in Portugal



There is currently no indication that Portuguese authorities will take the unprecedented step of banning the controversial violent video game *Manhunt 2*. The game was this week prohibited by Britain and Ireland.

Portuguese game lovers and visitors to the country will be able to purchase a violent game.

Lisbon has to date failed to indicate that it would be following the example set in the UK and Ireland, with stores here being allowed to place versions of *Manhunt 2* on their shelves.

The game is set to go on sale in Portugal on Tuesday, July 10.

Earlier this week, both British Board of Film Classification (BBFC) and the Irish Film Censors Office (IFCO) rejected the game because of its brutal and explicit content.

"A prohibition order has been made by IFCO in relation to the video game *Manhunt 2*," said a statement posted on the Film Censor's website.

"IFCO recognises that in certain films, DVDs and video games, strong graphic violence may be a justifiable element

within the overall context of the work.

"However, in the case of *Manhunt 2*, IFCO believes that there is no such context, and the level of gross, unrelenting and gratuitous violence is unacceptable." The banning is the first occasion a video game has been prohibited in Ireland, and the first to be refused British classification since 1997.

BBFC director David Cooke said: "Rejecting a work is a very serious action and one which we do not take lightly."

"Where possible we try to consider cuts or, in the case of games, modifications which remove the material which contravenes the Board's published guidelines."

The original *Manhunt* game was given an 18 classification in 2003.

Manhunt 2, for PS2 and Nintendo Wii consoles, is made by Rockstar Games.

Portugal gives most to EU budget

Often considered one of the biggest benefactors of fellow European Union member states' cash, a recent study has found that Portugal is the country that contributes the highest percentage of wealth to the European budget.

With only 0.54 percent of all the wealth its generates going towards the European Union's budget, Britain is the country that provides the smallest percentage of its Gross Domestic Product (GDP) to the well-being of the European economy.

Germany hands over 0.78 percent of its GDP to Brussels for redistribution whereas neighbours Spain are among the biggest providers with a proportion of 0.93 percent, only 0.03 percent less than Portugal's contribution.

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Students from Coimbra University during a 180 kilometre march to Lisbon where they arrived last Friday to protest against new laws governing higher education institutions. (Photo: Lusa / Paulo Novais)

Sampaio unveils two-year plan to bring West and Islam closer



UN High Representative for the Alliance of Civilisations Jorge Sampaio, a former Portuguese president, has presented a two-year plan to bridge the divide between the Muslim world and the West.

Speaking to reporters after briefing UN Secretary-General Ban Ki-moon on the plans, Mr Sampaio said the initiative aimed to "build bridges between societies, promoting dialogue, understanding and forging political will to address the world's imbalances, tensions and conflict sources."

At the heart of Alliance's two-year programme will be media and education, explained Mr Sampaio, underscoring the growing "group of friends" network of over 50 states and international organisations supporting the initiative's actions.

An international forum will be staged early 2008 in Spain to evaluate the Alliance's efforts and define future areas of action, added the former Portuguese leader, and will become an annual event. The UN's Alliance of Civilisations was created in 2005 at the initiative of Spain and Turkey and UN chief Ban nominated Mr Sampaio as the body's first envoy in April this year.

Mr Sampaio, 66, an ex-Socialist two-term president from 1996 to 2006 also serves as the UN's special envoy for the eradication of tuberculosis. *TPN/Lusa*

Police presence reinforced during summer



Public Safety Police (PSP) squads around the country are to be reinforced with a further 350 officers during the summer season, particularly concerning beach patrolling, at musical festivals, and other events pertaining to the summer season.

The boost will be distributed around areas of significant tourist impact, i.e. beaches, festivals, concerts, etc., as well as other attractions that draw in large crowds of visitors. Despite be-

ing officially announced this month, the largest part of the police backup will be placed between July 1st and September 15th.

Officers from school protection programmes and interven-

tion cores will be reassigned to the summer programme to make up the 350-officer boost.

As in previous years, those planning on leaving their homes for extended periods of time dur-

ing the summer months have also been advised by PSP officials to inform their local headquarters of their absence. Regular check-ups will be made to ensure empty properties are protected and safe.

Algarve scoured in health, safety and economic sweep

Food and Economy Safety officials (ASAE) swept through the Algarve in a mega operation that targeted nearly 1,000 commercial venues and activities. The operation was aimed at reducing illegalities and irregularities that affect the region.

Eight hundred and eight-seven different businesses were targeted, from fishermen to beach-businesses, 29 of which were ordered to close, mainly due to lack of hygiene. A brothel was also ordered to shut down. Two factory-ships were also ordered to return to port immediately for lack of compliance with fishing regulations.

Pedro Picciocchi, ASAE vice-president, explained that it was not the Algarve's precarious economic situation that triggered the

mega-operation, but the fact that the operation was planned in phases, the first of which took place during the first two weeks of June, being allocated to the district of Faro.

Amongst other merchandise seized during the sweep were textiles, pirated CDs and DVDs, travel accessories, and food produce, altogether worth an estimated 160,000 euros. A lack of menus in Portuguese was one of the biggest ASAE irregularities detected.

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Ninety percent think economic situation bad - poll

Almost nine in ten Portuguese people believe the economic situation in their country is bad, among the most pessimistic outlook of the 27-member European Union, according to an opinion poll published Wednesday.

The Eurobarometer poll found that 88 percent of Portuguese interviewed on the economic situation described the situation as "bad", with only 10 percent saying it was "good," or "very good."

The level of satisfaction by Portuguese in their national economy was well below the EU 52 percent average and on a par with that expressed by Bulgarians. Only Hungarians made a gloomier assessment of their economy in the twice-yearly Eurobarometer poll. *TPN/Lusa*

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President on US visit says Portugal is pioneer of globalisation



Portuguese President Cavaco Silva, who was on a visit to the United States this week, said an exhibition that opened in Washington on Wednesday illustrates Portugal as the pioneer of globalisation.

"It is an exhibition that highlights the achievements and the voyages of Portuguese sailors in the 16th and 17th centuries. It shows Portugal as the pioneer of globalisation and the first European country to promote relations between different peoples and cultures", the President said in a statement published on the official presidential website.

The Portuguese chief of state, after his visit to New York, will move on to Boston, followed by

visiting the Portuguese communities of Fall River, New Bedford and Newark.

On Wednesday, Mr Silva inaugurated an exhibition on Portugal entitled, "Encompassing the Globe", which highlights the many feats of Portuguese 'discoverers' dating back to the 15th century.

The visit is unofficial and no meetings are scheduled with members of the White House or US administration.



President Cavaco Silva and his wife Maria Cavaco Silva greet a policeman of Portuguese descent at the Newark train station before departing for Washington on Tuesday. (Photo: Lusa / Paulo Carrico)

Various firms at 1st Luso-Brazilian biofuels meeting

Firms from Portugal and Brazil are taking part in the first Luso-Brazilian Biofuels Meeting in the southern state of Parana, officials said this week.

The meeting runs from Wednesday to this Saturday in the city of Curitiba, capital of Parana state, and brings together CEOs from prominent

construction and energy companies from the two Lusophone states, as well as Portugal's ambassador to Brazil and the governor of Parana.

Brazil's energy production from renewable energy sources is around 36 percent, well above the world average of 13.5 percent. TPN/Lusa

Still no sign of vanished German tourist

There are no still clues as to the whereabouts of a 69-year-old German tourist who mysteriously vanished from Alcoutim last week despite nine days of extensive searches.

Numerous resources were used to find a trace of retiree Karl Kleine-Brockhoff, who was on holiday with his family in the

Algarve and disappeared whilst walking a nine kilometres stretch between Balourcos and Alcoutim, en-route to a local arts and crafts fair.

All efforts were made to find some explanation for the German's disappearance, and included sniffer dogs, mounted police, maritime police who

scoured the Guadiana river, Portuguese and Spanish civilian protection helicopter searches, equipped with infra-red sensors, and land searches by both Portuguese and Spanish officials.

So far the efforts have proved fruitless, and rumors of kidnap in similarity with the Madeleine

McCann case are starting to get international media attention.

Bank movements and phone calls from local public phone booths are being monitored.

However, police have recently confirmed a "concrete clue" is currently being investigated and may provide significant results very soon.

Foreigners Bureau in Góis



An innovating signing between the Góis Citizens' Movement and private firm Probus-Sigma, Lda, resulted in the creation of a Foreign Citizens' Bureau which aims to make the lives of foreign residents in the region easier as well as assisting the arrival of new residents.

A non-profitable organisation, the new bureau will offer assistance and advice on all matters and problems that foreigners may encounter whilst living in Portugal, offering a 'softer integration' into a new society.

Available in English, Ger-

man and Dutch, the website will offer helpful advice for those contemplating a life in Portugal, as well as for those who are already here.

For more information, see websites: www.probuscap.com, www.portaldomovimento.com, or call: (+351) 919 771 401.



Exchanging written agreements Chris Yates-Smith of Probus Sigma and José Barros, of the Góis Citizens' Movement

FM Amado sees increased costs for Portuguese presidency

Foreign Minister Luís Amado has estimated Portugal will need an upward revision of between five million to ten million euros in its 51.5 million euro budget to cover expenses with its upcoming European Union presidency.

"We may need five million to ten million euros more", Amado told journalists Monday after a meeting of EU foreign ministers in Luxembourg, adding that the "adjustment" was "not a very grave matter".

The lion's share of Lisbon's current EU presidency budget, 46 million euros, is destined for Mr Amado's Foreign Ministry. TPN/Lusa



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PM Sócrates upbeat on treaty compromise



Hungarian Prime Minister Ferenc Gyurcsany (L) talks with Prime Minister José Sócrates (R) on Monday during the meeting of the Prime Ministers of the Visegrad group countries. (Photo: EPA/Tomas Hudcovic)

Portuguese Prime Minister José Sócrates, warning that "failure" to reach agreement over a constitutional treaty would "hurt Europe in all domains", has expressed confidence that a compromise will be found in the EU summit later this week in Brussels.

"Not deciding (on a compromise) means a price to be paid" and "Europe does not have all the time in the world to decide", Mr Sócrates said in the Slovak capital, where he met with leaders of the four-nation Visegrad Group to present Lisbon's priorities for its upcoming EU presidency.

The group gathers Slovakia, Czech Republic, Hungary and Poland.

Polish Prime Minister Jaroslaw Kaczynski, speaking at the same Bratislava news conference, said Warsaw would not block a decision at the Thursday-Friday European Council meeting in Brussels with a veto unless "exceptional reasons" arose.

"We hope we won't be forced to use our last recourse, the veto, and hope there will be an easily achieved compromise", he said.

Poland insists the proposed treaty enshrine a decision-making mechanism based on the square root of the populations of each EU member state rather than on the system agreed earlier for a so-called "double majority" of at least 55 percent of the states representing 65 percent of the bloc's population.

Mr Kaczynski said that if "total accord" was not reached in Brussels, discussions should continue at the Intergovernmental Conference that will be convened by the Portuguese presidency.

Mr Sócrates underlined that it was "not only Poland" that must make efforts at compromise, saying the EU was "a union, not an alliance" and that all members had "equal value".

The Portuguese leader said Lisbon needed a "clear and precise mandate" because it did not plan to call a conference to discuss "everything" once again. *TPN/Lusa*

UN refugee chief says Lisbon's EU chair will "make difference"

United Nations High Commissioner for Refugees António Guterres, a Portuguese ex-prime minister, has said that he believes Lisbon's upcoming presidency of the European Union will "make a difference" in the area of asylum and immigration issues.

The UN refugee chief said after a meeting in Lisbon with Portuguese Prime Minister José Sócrates: "I'm certain the Portuguese EU presidency (from July 1) will make a difference, both in relation to immigration policies and in questions relating to asylum."

Portugal's six-month stewardship of the 27-state bloc will also result in "very significant progress in relation to human rights matters," predicted Mr Guterres, a Socialist government

chief in Portugal from 1995 to 2002.

Mr Guterres also praised legislation recently enacted by Portugal's centre-left government to widen access to Portuguese nationality to immigrants born in Portugal.

UNHCR's head also had scheduled encounters with Portugal's President, Anibal Cavaco Silva, and Lisbon's interior and foreign ministers, Rui Pereira and Luís Amado, respectively. *TPN/Lusa*

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Immigration empowered to seize undeclared cash above €10k



In a bid to crack down on money laundering and terrorist financing, the EU has passed a new law requiring travellers carrying large sums of money to divulge these to customs. Authorities now have the power to seize sums of €10,000 or more, if left undeclared, at EU border control points.

A 2002 commission report on cash movements revealed that in a six-month period between 1999 and 2000 some €1.6bn worth of cash and other easily convertible assets (bonds, shares, traveller's cheques) were transported into and out of the EU. While impossible to

gauge the exact scale of money laundering this represents, the volumes are large enough to present a potential risk to the EU.

Customs commissioner László Kovács reassures those with justifiable reasons for carrying large cash sums: "A single uncomplicated system of this

type will be fairer to legitimate travellers, who will no longer be faced with control measures that vary depending on where they enter or leave the Community."

The International Monetary Fund estimates that money laundering accounts for 2-5% of the world's GDP.

New contemporary art museum opens in Lisbon



Under the wing of the Belém Cultural Centre a new division dedicated to contemporary art was this week inaugurated and opened to the public, the Berardo Collection Museum.



A view at the Berardo Collection Museum which will open to the public at the Belém Cultural Centre in Lisbon. (Photo: Lusa / Mario Cruz)

Founders are hoping that more than 400,000 visitors a year will come to the new museum, which was created after an agreement between commissioner Joe Berardo and the Portuguese Ministry of Culture was signed in 2006, and extends over a period of 10 years.

Artistic director Jean-François Chougniet chose the best out of 862 masterpieces to inaugurate the Museum, integrated in the

Foundation of Modern and Contemporary Art – Berardo Collection and infused with other works of art from both private and public entities. On display will be 248 works from the Berardo collection out of 450 pieces selected from the Foundation of Modern and Contemporary Art.

These include renowned works of art by Picasso, Bacon, Balthus, and Andy Warhol as well as Portuguese artists like Paula

Rego, Vieira da Silva, Helena Almeida, Pedro Cabrita Reis, Jorge Molder and Ângelo de Sousa.

The Museum's official opening, which took place Friday, June 22nd, was attended by the Prime Minister, followed by its opening to the public that evening at 21h00, and a party which is planned to go on until Tuesday morning, including live music and fireworks.

Food authorities raise awareness as to summer perils

Food and Economic Safety authority – *Autoridade de Segurança Alimentar e Económica* (ASAE) – this week drew attention to the extra precautions that need to be taken when preserving food during hot summer months.

With the aim of avoiding food poisoning that increases during summer, ASAE spokesperson Alexandra Veiga, reminded the nation that “food is easily infected and soured by bacteria that multiplies in heat, putting

the health of consumers at risk”.

Amongst other foods, those that require extra-special attention are cream and milk derivatives, ham, mayonnaise, eggs, meat and fish. According to Alexandra Veiga, these foods in particular need to avoid reaching temperatures of between five and 60 degrees, which is favorable to multiplying bacteria.

Only putting food on tables at the time it is to be eaten is a tip that can be applied to most foods.

Summer food infections are

one of ASAE's main concerns at this time of year and have triggered a series of inspections that will routinely be carried out throughout the country, namely in beach bars and other beach food vending infrastructures, in restaurants and cafés.

Summer clothes sales and promotions are also to be kept under check by the health and economy watchdog, so that everyone can enjoy their summer to the maximum in good health and with peace of mind.

Anglo-Portuguese winemakers strike gold in London



A youthful Anglo-Portuguese partnership of British vineyard specialist David Booth and Portuguese winemaker António Maçanita of newly established boutique producer Fita Preta Vinhos have excelled in London by being awarded the Alentejo Trophy at the 2007 International Wine Challenge, one of the world's most prestigious wine shows.

António crushed the grapes that made the gold medal winning wine PRETA 2004 on the night of his 25th birthday, probably making him the youngest Portuguese winemaker ever to be awarded such a top winemaking award.

This trophy is added to the list of impressive achievements for 2004 PRETA, which also struck gold at the Challenge International du Vin and Les Citadelles du Vin in Bordeaux. In London Fita Preta Vinhos picked up a further two silver medals this year for its two other red wines SEXY 2005 and PRETA 2005.

Portugal distinguished itself by winning a total of 36 gold medals (including ports and madeiras), finishing in 3rd place just behind leading producing countries France (44) and Australia (39).

Respected British wine critic Jancis Robinson MW praised this as a “great achievement for a smaller wine-producing nation”.

Such a positive result serves to highlight the quality of the unique wines of Portugal and their ability to compete in competitive international wine markets.

António and David are typical of the young generation of Portuguese winemakers praised by the International Wine Challenge Chairman, Charles Metcalfe for raising the standard of Portuguese wine.

“They show they are interested and want to learn, unlike the French, who think they know everything and do not travel”, Mr Metcalfe was quoted as telling the Lusa News Agency.

“We are delighted to achieve this result in such a vigorously judged show,” said António Maçanita in a statement sent to **The Portugal News**.

“PRETA just keeps getting better and better. I doubt that the 2005 wine has yet reached its peak, which indicates that it has fantastic cellaring potential too”, he added.

Meanwhile, viticulture expert David Booth explained: “Winning top medals for all our red wines shows we are maintaining consistently high standards.

“Nothing is spared in our efforts to make great wines of great character, wines that reflect the region and our own philosophies

and style. I've always said that 80 per cent of good wine is made in the vineyards, and the quality of our Touriga Nacional, Cabernet Sauvignon and other red grapes from the dry 2005 vintage was outstanding. I am also very proud of the effort that each person on the team has made – their dedication has resulted in this success at the highest level”, he said.

In what is billed as the world's largest blind tasting, this year 9,358 wines were judged from 35 different countries, by 400 judges.

A large part of the International Wine Challenge's reputation comes from the quality and experience of its judges. The judges (winemakers, merchants and writers) came from 19 different countries and included a panel of 33 Masters of Wine. 260 Gold medals were awarded (representing 2.8% of the entry). 1,129 wines won Silver medals (12.1% of the total). The biggest change is in the percentage of Bronze medals awarded (19.7% of total entries) with 1,839 medals, 7% up on last year.

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International schools – Growing in popularity?



Choosing a school is always a difficult decision for parents and prospective students, and is even more complicated for those who relocate abroad. **The Portugal News** has spent the past week speaking to more than a dozen international secondary and primary schools across the country to get an insight into their views on the status of these unique institutions.

International schools, at least here in Portugal, are no longer limited to include British pupils alone. The findings of our survey clearly illustrate that these schools are now living up to their name, and are increasingly 'international'.

Many second language English students are joining their English-speaking counterparts in choosing international schools for the internationally accepted British curricula offered at these schools, which are also an excellent launch pad to enter universities across the globe.

Many Portuguese students are also making the switch from a

Portuguese education to the English curriculum most international schools adopt.

The Portugal News spoke to one such student, Inês Correia, who had transferred from a Portuguese school to the International School in Lagoa, who is adamant she made the right decision.

"I am glad I switched from a Portuguese school to an International School because it has different methods of teaching. In an international school you are more open to opportunities worldwide, by learn different languages and because of the universal education you are being taught", she

said, adding that she would have considered a state school if it were her intention to live and work in Portugal.

Most international schools in Portugal are literally bursting at the seams, and many now have extensive waiting lists, due to the constant influx of expatriates from across the EU coupled with the growing number of Portuguese parents willing to make the financial sacrifice of putting their children in international schools in hope of a global education.

The international schools, who responded to questions posed by **The Portugal News**, indicate that the largest number of their pupils are either British or Portuguese.

Many of the international schools have pupils from several different cultures, for example Vilamoura School has 48 different nationalities in total!

The headmaster of the International School of the Algarve, Mr. John Butterworth, explained the compilation of nationalities in his school "Students here are 50 per-

cent British, 50 percent other nationalities, with Dutch, German, French, and Portuguese being the next biggest groups, with around 25 nationalities in all."

The survey sent out to international schools further found that the number of students in these international schools ranged from forty-three to over a thousand. In smaller schools this means that the student-to-teacher ratio is significantly lower.

At Vale Verde International School in the far western Algarve, the ratio is currently approximately one teacher for every four students, meaning the school can allow a more intimate teaching experience for pupils. Whereas in bigger international schools the ratio is around ten students to every one teacher, which is still three times under the average at state schools.

Parents must be ready to pay to send their children to one of these prestigious academies though, as student fees range from a minimum €3,340 for a primary education to €17,551 for secondary school.

After leaving these international schools, most students go on to great things.

St. Julian's told **The Portugal News** that their most distinguished former pupil is the

painter Paula Rego. The Carlucci American International School of Lisbon has also had many successful students attend their school including singer/songwriter Bryan Adams and former sports anchor for CNN and a current presenter on Sport TV, Pedro Pinto.

Most of the international schools recalled many ex-students going on to well-established universities to finish their education and receive PhDs. Renato Costa, the director of Vilamoura International School, said that "I was visited by a family I hadn't seen for ages. They wanted to talk with me about their son's PhD and international career. On that day, he was giving a lecture in a German City."

Our survey found that most of the schools agreed that Portugal was becoming a more popular place for parents to bring up their children, as it is regarded as a safe country with a wonderful climate and an excellent quality of life.

Also, international schools in Portugal are flexible, so foreigners may move to Portugal for a short period and then go back to their home country with their children still maintaining a strong education.

When asked why he thought Portugal was becoming a more

popular place for parents to bring up their children, the headmaster of St. Julian's, David Smith, gave an alternative view on the matter. "I believe only a handful of our ex-pats have chosen this country in total independence."

"I also see major differences between, say, Greater Lisbon and the Algarve as places to live. Very hard to generalise; different immigrants will have different reasons – some will have truly researched Portugal, while others are merely escaping from the rat race in their own countries. Whatever the reason, the presence of our schools here will be reassuring to those planning a move to Portugal."

The following international schools agreed to participate in this questionnaire: St. Julian's, St. Dominic's, CLIP (Colegio-Luso Internacional do Porto), the Carlucci International School of Lisbon, International School of the Algarve, Vilamoura International School, Vale Verde International School, British School of Madeira and the Barlavento English School.

Researched and written by Rory McGregor, a 15-year old student at the International School of the Algarve, who conducted his compulsory work experience with The Portugal News editorial team.

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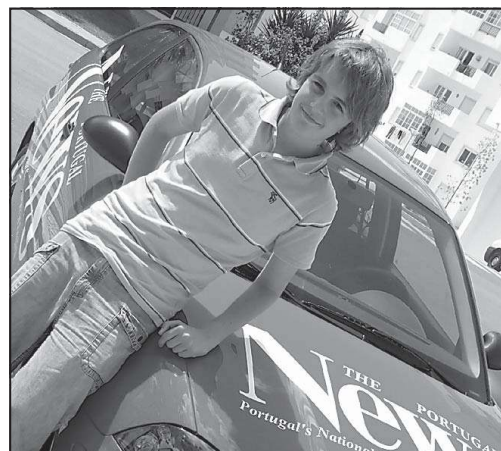


Writing down 'journalism' as my first choice for work experience was a decision I most definitely do not regret. The weeks leading up to work experience were frantic and Mrs. Viana, my English teacher, did her best to find me a job placement, and luckily for me, she chose **The Portugal News**.

I admit, on the Monday morning when I prepared to walk through **The Portugal News** doors, I had second thoughts. I began to think that I did not know much about how this newspaper worked, or what the people were like inside. I thought it would be best if I kept my head down and worked to get through the one and a half weeks of work experience with no problems, whether I enjoyed it or not.

My opinion greatly changed when I walked through the door and noticed how friendly everyone was. The receptionist greeted me kindly and we had a small chat before I was whisked away into the alien world of journalism.

Every day from then on I felt welcome and one of the 'team' as everyone was so hospitable towards me, it was truly a really nice place to work. I felt like I was working as a member of **The Portugal News**, as the editor Brendan de Beer kept me busy writing articles, doing odd jobs such as proof reading for members of staff etc, but at the same time I was doing what everyone on work experience should be doing really, which was learning.



Rory McGregor

Members of staff kindly gave up some of their time and showed me what they do at **The Portugal News**, which was great because I was not just seeing one area of the newspaper, but all of it! I got to go out on day trips looking at the investigation and interviewing side of journalism, I talked to a cold caller in the call centre, which was interesting, and I attended a sales meeting!

Working at **The Portugal News** gave me invaluable knowledge both in the aspects of journalism and media, and was truly a fantastic and unique experience I will never forget. It has definitely broadened my horizons as I thoroughly enjoyed working there, so I may venture into the world of journalism!

Thank you very much **The Portugal News**!

Euthanasia – 40% of oncologists are in favour

Thirty-nine percent of Portugal's oncologists defend the legalisation of euthanasia, a study by the Oporto University has found. The last major research published on the sensitive issue, which was conducted back in 2000 shortly after the Netherlands gave the green light to assisted suicide, showed an overwhelming support from the general population for euthanasia.



Over a thousand expectant mothers gathered together in Poet's Park, Oeiras last weekend in an attempt to gain an entry in the Guinness Book of Records. (Photo: Lusa / Paulo Carrico)

Portugal's pregnant go for Guinness



In a country where the birth rate is falling, it comes as a surprise that a new record regarding pregnancies has been set. Last weekend, over 1,300 pregnant women gathered in Oeiras's 'Parque dos Poetas' to break a world record set just last month.

Despite the dreary weather, 1,307 women turned up at the event which became the largest gathering of pregnant women in the world.

The previous record was set in May this year, in Johannesburg, South Africa, when 1,100 pregnant women grouped up to enter the Guinness Book of World Records. Nearly twice the amount enrolled in Portu-

gal's successful attempt, though only 1,307 of the 2,170 women who had put their name on the list actually turned up on the day. Still, they were sufficient in number to break the record and a series of activities and entertainment was put on to celebrate the occasion, named by event organisers as 'Barrigas de Amor' – or 'Love Tummies'.

Firemen from the Oeiras Voluntary Brigade were on hand, should their intervention be required, though none of the women, who sported tummies of all sizes, required assistance.

Inflatable pouffes, yoga, and advice on new mother's post-natal adaptation were all put on throughout the day, en-masse preparation for a unique day.

The latest study on the theme is centred around a thesis by Dr Ferraz Gonçalves, entitled, "A good death: Ethics at the end of life".

Dr Gonçalves interviewed five hundred oncologists who are regularly witness to the suffering of terminal patients.

While more than three hundred doctors refused to disclose their personal opinions on euthanasia, 39 percent of those who answered, did so in favour of legalisation.

Oporto University Director of Ethics and Good Practice, Rui Nunes said the findings of the study are "very disturbing" and constitute an "alert" as more and more doctors are now backing euthanasia.

Dr Nunes, who is against the practice, said society and legislators should look at ways of reversing the growing number of doctors in favour, especially those who work with terminal patients and whose "opinions should be held in the highest regard".

He argues that patients are often 'forced' into wanting to terminate their lives due to the environment terminal patients are placed in.

"A patient requests euthanasia because they are in pain and suffering. They are often in an inhumane space, far from their families", Dr Nunes explains, adding

that a more comfortable environment will greatly reduce the inclination of patients to contemplate ending their own lives. Currently, says Dr Nunes, only around five or six units are equipped to deal effectively with the terminally ill, a situation which he believes will remain unchanged, accusing decision makers of lacking the will to improve hospices.

"It is a theme that is systematically avoided, which is disturbing. It shows that all of us, doctors and politicians included, are scared of death", he stresses, while calling on Portugal not to follow the Dutch route of "simply quitting" and giving in to euthanasia.

However, Dr Nunes concludes by saying patients should be allowed to refuse being connected to life support systems "indefinitely" and have the right to decline being submitted to life-threatening surgery that if successful, will only have limited results in improving a patient's quality of life.

The last major survey on euthanasia among Portuguese doctors was conducted back in 2000, shortly after the unprecedented decision by the Dutch parliament to legalise euthanasia.

The study among local doctors revealed that 20 percent were in favour of ending a person's life

prematurely.

Despite the reluctance of Portuguese doctors to express their opinions regarding euthanasia, one in five said that such an action would be ethical when conducted under the correct circumstances.

While 20 percent believed euthanasia to be an acceptable procedure, one in four Portuguese doctors also said they would consent to assisted suicides.

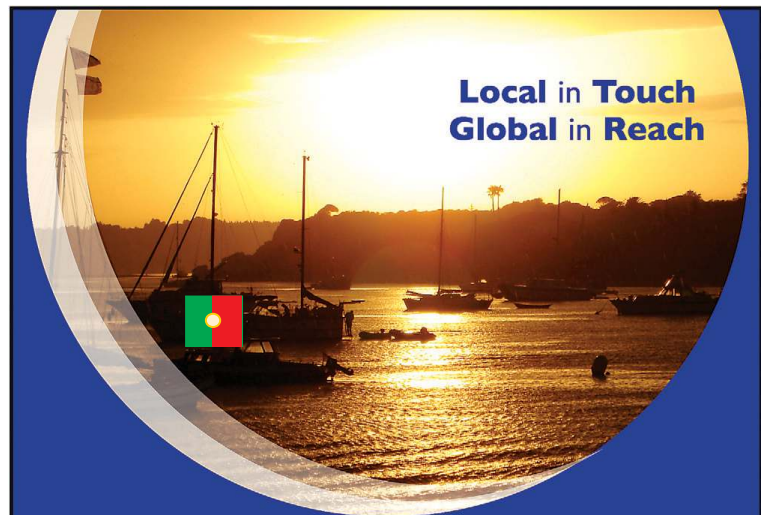
Nurses were even more in favour of the practice of terminating life early, with almost a third not hesitating to express their support.

Families who had lost a relative to a terminal disease also believed euthanasia to be common practice in Portugal, despite being illegal.

One in six of these family members believed that the eventual death of their relatives had been "artificially accelerated".

The findings of this study, carried out by Pro Teste/Deco stated that around one third of Portuguese medical staff had previously been confronted with patients' requests for a premature death.

As far as the greater population was concerned, a surprisingly high number of 61.4 percent were in favour of introducing euthanasia as an option to people suffering from terminal illnesses.



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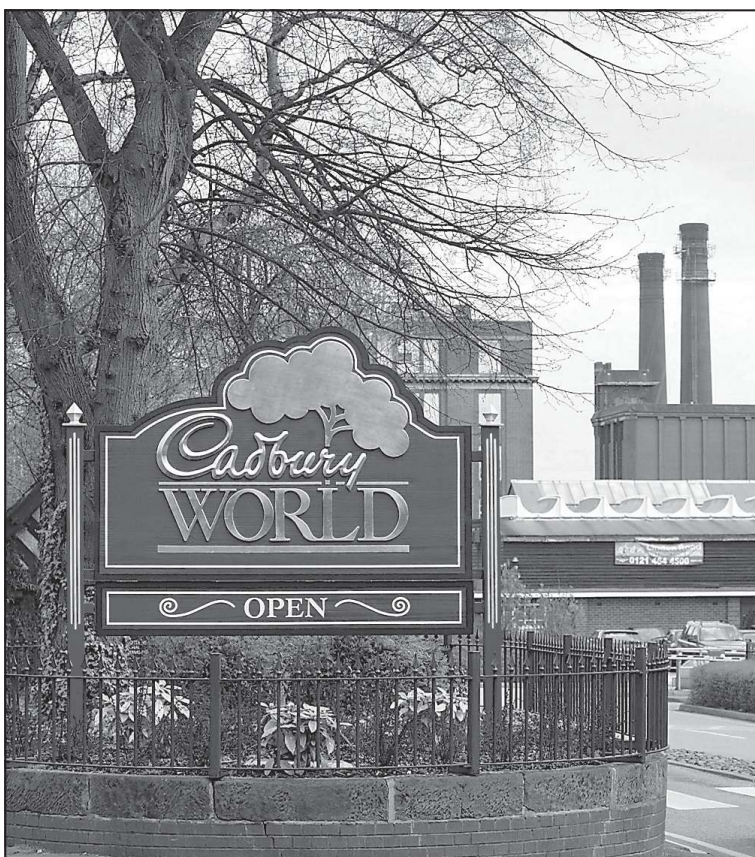
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Undated file picture Cadbury's Bournville plant in Birmingham. Britain's Cadbury Schweppes is planning to sell off its US drinks division, including brands like 7-Up, Dr Pepper and Snapple. The New York Times reported 18 June 2007. By a Friday deadline, sweet manufacturer Cadbury Schweppes had received at least three offers for the US drinks business, which is valued at 8 billion pounds (15.8 billion dollars). Cadbury's drinks division, which also includes brands like Mott's, Clamato and Yoo-Hoo, is one of its most profitable, bringing in sales of 2.6 billion pounds in 2006, or 35 per cent of the company's total revenue. The division is based in Plano in Texas and employs more than 18,000 people. (Photo: EPA/Stephen Pond)

New study shows huge minimum wage disparity across Europe



Currently, 20 of the 27 member states of the EU have national legislation setting statutory minimum wages which vary widely. Bulgarians are certain of a minimum pay cheque of €92 while at least €1,570 per month is earned by lowest paid workers in Luxembourg.

Figures published by EU statistics agency Eurostat show that Portugal has the tenth highest minimum wage in the EU out of the 20 countries that enforce such legislation.

Lowest earners work in Bulgaria (€92 per month), Romania (€114), Latvia (€172) and Lithuania (€174).

The €470 earned by Portuguese is almost a hundred euros

more than the published official minimum wage, but Eurostat calculated this figure by taking into account that workers in Portugal, Spain and Greece earn 14 pay cheques a year.

Countries with higher minimum wages than Portugal include Slovenia (€522), Malta (€585), Spain (€666) and Greece (€668).

Countries where minimum wages are at least four digits are

France (€1,254), Belgium (€1,259), the Netherlands (€1,301), the United Kingdom (€1,361), Ireland (€1,403) and Luxembourg (€1,570).

For comparison, the federal minimum wage in the USA was €676 per month in January 2007.

Proportion of employees receiving minimum wages ranged from one percent in Spain to 17 percent in France.

TAP CEO is new IATA chief

The International Air Transport Association (IATA) announced recently that TAP Portugal CEO, Fernando Pinto, has begun his one-year term as the Chairman of the Association's Board of Governors. Mr Pinto immediately vowed that the environment, security and safety would top IATA's agenda over the next 12 months.

According to an IATA statement, Mr Pinto will bring a unique perspective to the position as he successfully led airlines in two re-

gions—Latin America (Varig) and Europe (TAP).

"The agenda for the year ahead has some extraordinary challenges for which industry-wide leadership is critical," Mr Pinto said.

"Our 243 members face some crucial deadlines in the next year that cannot be missed in order to make the industry safer and more efficient. We need to keep the momentum moving in the right direction and work aggressively with our IATA airlines to support industry objectives in key areas

from environment to safety and e-ticketing.

"Even though airlines and their markets vary based on regions, I have seen first hand on two continents the benefits of progressive liberalisation and greater efficiency. We need to remind our partners and industry stakeholders of the need to keep pace with industry change. I look forward to working closely with the IATA team—shouting politely to achieve change," concluded Mr Pinto.

U.S. estate tax considerations

Sixty percent of Americans die without a Will and only 23% have a living Trust. Those who do not take the time to consider these important documents may believe that their property will pass to their heirs automatically. So either they never take the time to review legal arrangements necessary to protect their heirs, or else they somehow feel that their assets are not enough to incur a transfer tax. Truth is that most people would rather postpone thinking about their own demise.

The Applicable Exclusion Amount (AEA) shields estates valued below \$2,000,000 in 2007 and 2008 from estate taxes. The AEA thus protects millions of Americans from this onerous tax. But Americans offshore who have retired comfortably may not realize that as citizens of the United States the fair market value (and not original cost) of their world-wide assets will be included in their estate at death for tax purposes. They would therefore do well to consider the current value of such assets as real estate, stocks, jewellery, art and other like property that have likely appreciated significantly since being purchased. Where the fair market value of property exceeds the AEA, the taxman can take up to 45% of the remainder estate.

What therefore can be done? Estate planning at any age is important but especially as one enters his or her twilight years. Some potential problems of poor estate planning are suggested in the following situa-

tions:

- Mary's Will left her \$1,200,000 estate to her son, Carlos. Six weeks prior to her death, she gave him her shares of Exxon stock worth \$450,000. Mary's \$15,000 basis in the stock, which she purchased 40 years ago, is now Carlos' basis. If he sells the stock, he will have to pay capital gains tax on \$435,000 (450,000 - 15,000). Had Mary kept the stock until her death, Carlos' basis in the stock would have been \$450,000 because at death, assets receive a stepped-up basis to fair market value. Further, Mary's estate would have escaped estate taxation due to the \$2,000,000 AEA.

- Doug saved money by writing his own Will. He is married to Janice and they have three middle-aged children. Having heard that each person can leave \$2,000,000 without paying estate taxes, he left that much outright to their children, even if Janice survives him. Doug's estate plan succeeds in utilizing his tax free amount, called the Applicable Exclusion Amount, and the property bypasses Janice's estate. But in so doing, Doug has unnecessarily denied her the use of the property! There are plans that use the first spouse to die's AEA by placing property in a trust without claiming a marital deduction on it, allow the surviving spouse to use the income from the property, and not have the property included in the survivor's estate.

- Jerry suffered a severe stroke several months ago. Unable to communicate, he is hooked up to machines that keep him alive. His

prognosis is poor. His family realizes that they should have encouraged Jerry to consult an estate planner while he was still able to express his wishes. Documents could have been drafted that would have nominated someone to manage his wealth during his incapacity and would have directed the eventual distribution of his wealth after his death.

- Yolanda was quite elderly and suffering the ravages of old age when she and her family lawyer drafted a simple Will, leaving her sizeable estate to her husband, Ian. After her death, Ian, who is ill, realizes that, as owner of the family wealth, estate taxes are due after his death. Alas much of this tax could have been avoided if Yolanda's estate plan had incorporated a planning device known as a bypass trust.

These situations represent a few of the potential problems that can occur without adequate estate planning. For American expatriates, such planning may be further complicated by the laws applicable in the countries wherein they reside. Still, hope springs eternal if one considers death the essence of life.

Barron Harper is a member of Albo Euro-Consult (www.albo.org), a consortium of chartered accountants and legal experts on the European continent and the National Association of Public Accountants (www.natptax.com). He specializes in US International Taxation for American expatriates. Taxbarron@yahoo.com / 91 935 9809.



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Kosovo and the law

The ratio of foreign soldiers to local citizens in Kosovo (16,500 NATO troops to two million civilians) is slightly higher than the ratio of American soldiers to Iraqi citizens. The soldiers in Kosovo are not fighting a war, but their presence has certainly been needed to keep one from breaking out again — and there are plenty of people in Kosovo who threaten that if they don't get full independence soon, there will be another war anyway.

During his visit to neighbouring Albania earlier this month, President George W. Bush declared: "At some point, sooner rather than later, you've got to say 'Enough is enough — Kosovo is independent'." There was great joy in Kosovo (where 90 percent of the population are ethnic Albanians), but in Moscow there were threats of a veto.

A senior Russian official explained that "Kosovo is an inviolable part of Serbia and the question of its future status can be resolved only with the agreement of both Belgrade and Pristina (Kosovo's capital)." But that will never happen.

A few months earlier Richard Holbrooke, the US diplomat who negotiated an end to the war in Bosnia in 1995, warned in the "Washington Post" that "Russia's actions could determine whether there is another war in Europe... If Moscow vetoes or delays (Kosovo's independence) the Kosovar Albanians will declare independence unilaterally. Some countries, including the United States and many Muslim states, would probably recognise them, but most of the European Union would not. A major European crisis would be assured. Bloodshed would return to the Balkans."

The war in Kosovo ended with a Serbian withdrawal eight years ago, but it didn't really settle anything. Determined to stop another genocide of Balkan Muslims like the one that Serbian strongman Slobodan Milosevic had masterminded in Bosnia in 1992-95, NATO bombed Serbia for eleven weeks in 1999, and in the end Milosevic pulled Serbian troops out of Kosovo. The problem was

that Kosovo was legally part of Serbia, and that NATO's action was therefore illegal.

The only way it could have been legal was if the United Nations Security Council had agreed that there were legal grounds for a military intervention, but any such motion would have been vetoed by Russia and China. So the major Western powers, with the United States in the lead, attacked Serbia to prevent the genocide they believed was impending in Kosovo. That, under international law, was an unjustifiable act of aggression. Many people (including myself) supported this act of aggression at the time, believing that Milosevic had to be stopped and that the breach of international law could be papered over later. It was papered over, in a sense, for the UN agreed after the war to take responsibility for the administration of Kosovo. But it was not given independence, because that would be just too flagrant a violation of the international rules.

The fundamental bargain that underpins the United Nations is this: every member gives up the right to attack other states, and in return every state gets a guarantee that it will not be attacked. The guarantee does not say that you will not be attacked except if you are a tyranny, or are oppressing your minorities, or look dangerous to your neighbours. It says **YOU WILL NOT BE ATTACKED**. No excuses, no exceptions, no loopholes that a clever enemy could use to justify an attack.

The priority of the American diplomats who drafted the UN Charter in 1945 was to prevent another major war. The worst war in history had just ended: 60 million were dead, and nuclear weapons had been used. A law that bans aggression must be universal, protecting both "good" countries and "bad" ones from attack. So what goes on inside a country is the business of that country's government alone, as long as it does not harm the neighbours.

It was a brutal rule, made for brutally dangerous times. For a moment there, in the mid-to late 1990s, some of us believed that the times had got softer and that the rules could be modified to give vulnerable people and



The ratio of foreign soldiers to local citizens in Kosovo (16,500 NATO troops to two million civilians) is slightly higher than the ratio of American soldiers to Iraqi citizens. Seen here, Iraqi soldiers secure the area for a Merlin helicopter landing during a joint search operation in southern Iraq. (PHOTO: LUSA/EPA/Cpl Wayne Beeching/MOD/HO)

groups more international protection. But we were wrong, for the rhetoric that justified an attack on Serbia in 1999 was then hijacked to justify the invasion of Iraq in 2003. The slope is too slippery, and we have to get back to solid ground. That is why Kosovo has

remained a UN protectorate for eight years, rather than gaining the independence that the vast majority of its people crave: to give it independence would be to dismantle the sovereign state of Serbia by force. For Russians, who fear that Kosovo's independence could be used as

a legal precedent for breaking up their own multi-ethnic state, it is a red line.

Yet Kosovo cannot be forced back into Serbia, and it cannot be left in limbo forever. If the UN will not grant it something very close to full independence, many Kosovars are ready to

seize it anyway, even if that triggers a new war. There are no good options left. Indeed, there were none from the beginning of this miserable tale.

Gwynne Dyer is a London-based independent journalist whose articles are published in 45 countries.

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Gwynne Dyer



Archive photo dated 5 Nov 2004 of Abílio Osório Soares who died last week in Kupang, East Timor. See CPLP briefs (Photo: Lusa)

Southern Atlantic nations want Falklands sovereignty

The two dozen member states of the Zone of Peace and Cooperation in the South Atlantic (ZPCSA) unanimously approved a declaration on Tuesday calling for the resumption of talks between Argentina and the United Kingdom over the sovereignty of the Falkland Islands.

In a statement released after a two-day ministerial summit of the ZPCSA in the Angolan capital, during which Luanda took over the presidency of the organisation, the 21 African and three Latin Ameri-

can members of the bloc underscored "the need to identify as soon as possible a peaceful solution for the disputed sovereignty" of the Falklands/Malvinas.

The ZPCSA made its unanimous call for talks between the UK and member state Argentina on the Falklands despite seven of the organisation's African members, including South Africa, Nigeria and Gambia, belonging to the British Commonwealth.

The 24-state Southern Atlantic group also defended indi-

vidual members' "inalienable right" to develop nuclear research and energy programs for "peaceful ends."

Created two decades ago by the United Nations, the ZPCSA has become relatively inactive in recent years and the Angolan government says it will attempt to "revitalise" the organization during its leadership of the regional bloc. Luanda also hopes to widen membership of the organisation in South America from the present trio of states. *TPN/Lusa*

Timor president calls off manhunt for rebel leader

East Timor President José Ramos Horta said Tuesday that a four-month manhunt for rebel leader Maj. Alfredo Reinado is being called off to allow negotiations for the fugitive's surrender.

Reading a statement at Dili's presidential palace, Ramos Horta said he had decided to cancel police and military operations to find the renegade former military police chief after talks with senior Timorese government officials, the country's military chief, Brig. Gen. Taur Matan Ruak, and the top United Nations official in Timor, Atul Khare.

Timor's attorney general, Longuinhos Monteiro, and legal representatives of Alfredo Reinado will now discuss terms for the rebel leader's surrender and handing over of weapons under mediation of the country's Catholic Church, added Ramos Horta.

Reinado escaped last August

with 50 other inmates from Dili's main jail where he was being detained on charges of purported involvement in last year's violence in the new nation, in which nearly 40 people were killed and 150,000 forced to abandon their homes.

The rebel former army officer has evaded arrest since his prison breakout, managing to avoid capture during a raid by Australian-led troops in March on his mountain hideout, in which five of his armed supporters were slain.

At the weekend, Timor's president had travelled to meet representatives of Reinado's followers, dubbed the 'petitioners' and mainly comprised of soldiers sacked last year in a dispute over alleged ethnic discrimination.

After his meeting, President Ramos Horta strongly hinted he would call off the manhunt for Reinado, saying: "I do not want to see any Timorese afraid... and hiding like animals in the forest from international troops."

TPN/Lusa

*CPLP BRIEFS

EuroMPs OK new São Tomé fishing accord worth €663,000

The European Parliament approved a new fisheries partnership accord between the European Union and São Tomé and Príncipe, allowing 43 trawlers to use the islands' territorial waters in return for compensation from Brussels of 663,000 euros per year.

The new EU-STP fishing agreement, stipulating that 50 percent of the fees go to develop the islands fishing industry, runs retrospectively from June 1, 2006 to May 2010 and replaces an earlier pact signed in 1984. *TPN/Lusa*

IMF grants credit, promotes Maputo to new aid programme

The International Monetary Fund, describing Mozambique's macro-economic performance as "impressive" and progress in fighting poverty as "generally satisfactory", has granted Maputo an additional credit of US\$2.4 million, or 1.8 million euros.

Announced Monday in Washington, the new credit concludes and raises to US\$17.1 million the sum Mozambique has received under the IMF's Poverty Reduction and Growth Facility.

The IMF said future aid to Maputo would now come under a new programme, the Policy Support Instrument, a move it forecast would send donors and private investors a "strong sign" in relation to the country's positive "economic environment". *TPN/Lusa*

New private Angolan bank opens

Banco Angolano de Negócios e Comércio (BANC), a new bank, has begun operating in Angola and is seeking to sell up to 40% of its capital to an international partner, company sources have said. BANC, with initial share capital of US\$ 5 million, is negotiating with an Angolan financial group to boost its equity, the bank's chairman, Rui Fraga, told Lusa.

Talks with possible overseas partners are also taking place, added Fraga, after Macau casino tycoon Stanley Ho's Geocapital company withdrew from a deal at the last minute.

Last Indonesian governor of East Timor dies

Abílio Osório Soares, the last governor of East Timor during Indonesia's occupation of the half-island territory, has died after a long illness, family sources said.

Soares, 60, died Sunday in Kupang, West Timor, and will be buried Tuesday in the city's "heroes' cemetery" on orders from the Jakarta authorities, family sources told Lusa.

The former civil governor of East Timor was the first person to be convicted by an ad-hoc Jakarta court of offences connected to Timor's bloody breakaway from Indonesian rule in 1999. He was cleared on appeal after serving just four months of his prison sentence.

Two charged with double murder of Italian tourists in Cape Verde

Two Cape Verde men have been charged with murdering a pair of Italian women on the holiday island of Sal earlier this year and will stand trial next month, officials said.

One of the two alleged killers, identified by Praia's Public Ministry as Sandro do Rosario, has also been charged with raping one of the victims, who were both reportedly buried on a surfing beach after being bludgeoned with rocks.

An autopsy on one of the women killed in the Feb. 8 attack revealed she had probably been buried alive. A third suspect to the double murder, found to not have taken part in the killing, has been charged with theft of articles from the victims.

In April, a third Italian woman died in the archipelago after being fatally beaten by her Cape Verdean boyfriend. Cape Verde is becoming increasingly popular as a destination for Italian visitors and tourist operators from that country are developing several major holiday complexes in the islands. *TPN/Lusa*

*Community of Portuguese Language Countries

WEB

Web (INTERNET) noun [S]

the system of connected documents on the Internet, which often contain colour pictures, video and sound, and which can be searched for information about a particular subject:

(From Cambridge Advanced Learner's Dictionary)

If only creating a website was as easy as that

It all sounds so simple and straight forward doesn't it? Well perhaps it used to be, but it isn't now. Today's surfers are web savvy, demanding, and expect much more than a few pictures and words put together using a standard web site template.

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Cascais beaches closed for Olympics



Cascais city hall has suspended public use of its Ribeira, Conceição and Duquesa beaches from June 15th to July 15th, when the World Olympic Class sailing championships will take place.

The "exceptional" procedure was justified in a press statement from the City Hall as being due to "safety reasons", as the beaches will be used to "store boats".

For the duration of the event, all traffic on the Avenida Humberto II de Itália will be diverted between 08h00 and 21h00, and on the Alameda Duquesa de

Palmela and Travessa da Conceição, for 24-hour stints.

The event aims to reinforce Cascais' image as the 'Capital of Sailing', and will bring more than 1500 sailors and 1000 boats from all over the world, 75 per cent of whom will be qualified to compete in the Beijing Olympic games, in 2008.

Mega-wave to hit Lisbon

More than ten thousand people are expected to participate in the formation of a giant 'Mexican Wave' along Lisbon's riverfront on August 12th as part of commemorations for this year's "Ocean Festival".

This year will see the return of the festival after five years' absence, an absence that was caused by lack of funding and significant changes in the government's structuring. Originally organized to celebrate Lisbon's hosting of 'Expo' in 1998, the 'Festival dos Oceanos' was symbolic of Portugal's historical connection with the sea, and the spirit of discovery and exploration.

Its return is a welcome one, mainly due to persistent requests from the hotel and tourism sec-

tor. Sponsored by Lisbon's Tourism Board (ATL), this year's event will benefit from a financial injection of over 1.8 million euros, also sponsored by the Portuguese Tourism Board, Lisbon Casino, and the City Hall, which will exclusively provide logistic support. Parades, fashion shows, sculptures, dance and theatre are among the activities and entertainment planned for the event, which will take place over 16 days, from July 28th to August 12th.



The Minister of Presidency, Pedro Silva Pereira, accompanied by the Secretary of State of Tourism, Bernardo Trindade, by the Cascais Marina. Photo: (Maria Cruz / Lusa)

Film festival open to all

Lisbon is soon to host the first-ever Film Festival dedicated entirely to recordings made by digital cameras or mobile phones. An invitation has been extended to all budding filmmakers to participate by sending in their films.

Organized by production company *Produções Fictícias*, the Festival de Microfilmes will take place in

December in the São Jorge cinema, though citizens were informed of the challenge this week.

Anyone is invited to send in their mini-movies, with a maximum duration of three minutes, much like that which happens on the website 'Youtube'.

"The idea is that citizens can have a quick and economical way of manifesting themselves"

explained event director Gonçalo Félix da Costa.

Admission of home movies will take place from September 14th to November 14th, through the website: www.microfilmes.sapo.pt, and is open to participants from all over the world. Prizes will be attributed by a panel of judges for efforts in categories including 'best film', 'best original idea', and 'citizenship'. There will also be a prize awarded through

a public vote.

The event is currently being promoted in other countries including France, Spain, Australia and Denmark.

The winning microfilms will be exhibited to the public in the São Jorge cinema on December 1st and 2nd, as well as in the Passos Manuel, in Oporto, on December 8th.

They will also be featured at a festival in Paris of the same genre.

Animals freed from street life

Since the beginning of 2007 nearly 140 animals have been rescued by the São Francisco de Assis Foundation, saved from life on the streets and, mostly, rehomed with a new loving family.

Manuel Ferreira Andrade, head of the foundation's administrative board and a counselor for Cascais City Hall explained how the foundation takes in animals from the streets of Cascais to avoid the animals being put

down, and follows a thorough rehoming process.

"The animal is only handed over to a new home after we meet the family, and we try to accompany the handover even after free adoption, by offering medical and veterinary care and support".

This year alone the foundation, which will soon be opening a new establishment in Zambujeiro, has re-homed 85 dogs and 54 cats. Since its found-

ing in 2001, it has taken care of and subsequently found new families for 997 dogs and 527 cats, figures that Manuel Ferreira Andrade considers 'satisfactory', but still not sufficient to quash a need.

At present 150 animals remain in the foundation's care, ready for adoption.

Around 200 private members, as well as substantial grants from the City Hall, financially sup-

port the welfare of the animals at the Fundação São Francisco de Assis.

Revenue from the new shop, which sells animal accessories, hygiene products, and food, also contributes to their maintenance and care. An animal hotel, as well as a cremation and transportation service is also available.

The shop is open Monday to Friday, from 10h00 - 12h00 and 14h00 - 17h00.

Stray bullet startles taxi driver



A taxi driver waiting for customers at Lisbon airport's departures area got the fright of his life when a stray bullet bounced off his windscreen. The driver escaped unharmed, though where the bullet came from remains a mystery.

It was around lunch time and business was slow, the fifty-five year old taxi driver Eduardo Vrea, explained. He has been a taxi driver for more than 30 years, and says he was seated in his taxi waiting for customers when the incident happened.

A loud noise described as being "similar to a stone hitting glass" caused a number of drivers to gather round Eduardo's Mercedes. One of his col-

leagues picked up a bullet from close by the vehicle.

Initially unaware of what had happened, it was a fellow taxi driver who pointed out someone had fired a bullet at the taxi.

"I was fortunate that the bullet didn't go through the glass," said Eduardo.

Once recovered from the fright, Eduardo took the bullet to the airport's police station. Despite officers patrolling the airport, no one except a handful of

taxi drivers had witnessed the incident. An investigation to determine the source of the bullet was immediately launched. Moulds of the windscreen and of the bullet were made, and the airport's video surveillance system is currently being analyzed.

It was recently confirmed that the bullet was of a 9mm military caliber.

Therefore it has been suggested that the bullet was possibly fired by military troops

from the nearby Figo Maduro military airfield, who practice in scrubland between the two airports.

Last year Arlindo Cardoso, mayor of the Camarate Junta de Freguesia confirmed that troops did fire shots in the area when aircraft took off from Lisbon airport to muffle the noise, but they "do not shoot at aircraft". Other theories suggest the stray bullet may have come from the airport's roof.

ENGLISH DENTAL SURGEON

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B.D.S.

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29th of September 2007

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Of course we are also happy to receive your donations of Bric-a-Brac, but on bric-a-brac there is no 50/50 sharing. All goes to charity!

For further information, contact Elsa Ponte, phone 963 731 171, e-mail: elsaponte@gmail.com or Marianne Andersen, phone 919 280 570, e-mail: marianneapr@gmail.com

Start-of-summer party

The Algarve Wine Society celebrated the arrival of summer, and the close of its very successful spring calendar, by throwing a wonderful Summer Party on Sunday evening, June 17th. The venue was the Parador in Ayamonte, which the Society took over for the evening. As it was a late night the 80 revellers

all stayed the night in their Spanish accommodation.

Earlier in the day an intrepid band of 28 members had participated in the first Algarve Wine Society golf outing, held on the new and challenging course at Costa Esuri just north of Ayamonte. In spite of the wet and windy weather the winners,

Linda and David Grindley, had a very respectable better ball stableford score of 41. A number of prizes were awarded during the dinner.

The party itself was kicked off by a pre-dinner tasting of the fabulous Ribera del Duero red wines of Abadia Retuerta, one of Spain's leading producers, represented at the tasting by Rebeca Colina. A sumptuous dinner followed, with members having their choice of veal, duck or pork. Of course, an event like this wouldn't be complete without a raffle, which offered a large number of vinous prizes to happy winners. The evening was capped by live music, and the assembled and well lubricated company danced their way into the wee hours.

The Algarve Wine Society now takes its usual summer break before resuming activities in September. The autumn programme will feature several tastings, a trip to the Dão region, a lunch visit to an Algarve winery near Lagos and the traditional Christmas lunch.

Membership in the Society is currently closed, with a short waiting list, but those interested in information about, or membership in, the Algarve Wine Society should contact the Secretary: Larry Hampton, Quinta da Mesquita, Cerro da Mesquita C.P. 310-A, 8150-025 São Brás de Alportel – e-mail: hampton@mail.telepac.pt



Rebeca Colina with Abadia Retuerta's top wine, PV, which retails in Spain for € 100 a bottle.

São Brás Friends donation



The Friends of São Brás have continued their support of the local Health Centre by donating six wheelchairs, an ECG machine and other items including commodes, crutches and blankets to the centre. The photo shows some of the Friends with Dr Santos, Director of the Health Centre.

Bowls Algarve update

The fifth round of matches in this absorbing Summer competition was successfully completed at Alvor Bowling Club on June 16th, despite the efforts of the rainy weather, which threatened to suspend play on several occasions. As a result, the undefeated Alvor Larks continued their winning ways with a convincing 44 – 24 defeat of the ABC Cats, scooping 8 points to 2 and maintained

their grip on the league leadership. The Alvor Larks meanwhile had a very close and enthralling game against the PDF Pirates, emerging winners by the narrowest of margins 32 shots to 31, with excellent bowling by all players involved. Larks collected 6 points and the Pirates 4 points.

The afternoon games saw PDF Panthers playing the Tavira Titans, who won 45 – 27 and by 8 points to 2. The other games were between the Tavira Tigers and the VDL Wolves, which the Tigers won by 33 – 24 and 8 points to 2.

The Larks have established a healthy lead at the top of the table with 39 points, followed by the Doves on 32 (the two play

each other next week at Tavira). Then come the Tigers on 26 and the Cats, Titans and Panthers all on 22 points, separated only by shot difference. The Pirates slip to seventh on 19 points and the Wolves have 16 points.

And so, on to Tavira next week!

If you are interested in learning more about the game of bowls or becoming involved as a player with Bowls Algarve then please contact the League Secretary, Jan McGlynn on 289 315326 or e-mail her at: janexinportugal@yahoo.co.uk. Jan will be delighted to hear from you and will put you in touch with your nearest club.

Alan Clarke
League Director

su do ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

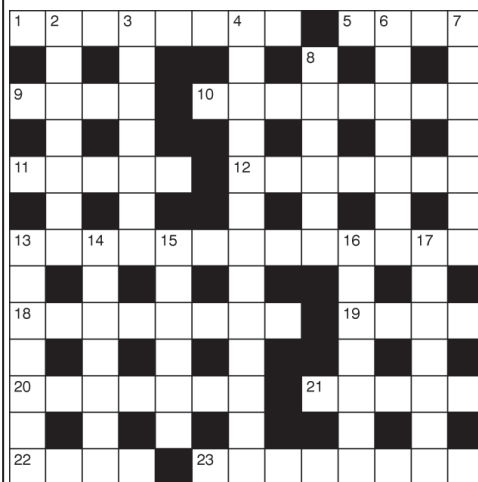
		3		4		7		
		4				1		
6			8		2			4
8		6				3		7
	7						4	
4		1				2		6
1			7		6			5
		2				8		
		9		2		6		

Last weeks solution:

1	8	7	9	6	2	4	3	5
5	2	6	7	4	3	9	8	1
9	4	3	1	5	8	7	2	6
3	6	4	8	1	7	5	9	2
2	7	1	3	9	5	8	6	4
8	9	5	6	2	4	3	1	7
4	3	9	2	7	1	6	5	8
7	1	8	5	3	6	2	4	9
6	5	2	4	8	9	1	7	3

For tips on how to solve Sudoku puzzles, browse the forums, go to www.sudoku.com

The Portugal News Crossword No. 147



ACROSS

- Awful (8)
- Hobble (4)
- Paradise (4)
- Nearby (8)
- Vex (5)
- Self-killing (7)
- Setting up (13)
- Tangible (8)
- Standard (4)
- Penned (7)
- Devout (5)
- Storm (4)
- Progressed (8)

DOWN

- Remedy (7)
- Forgetfulness (7)
- Disobedient (13)
- Detail (7)
- Tolerant (7)
- Disappear (6)
- Authorise (7)
- Effective (7)
- Pulchritude (6)
- Large house (7)
- Rear (7)

QUICK CROSSWORD SOLUTIONS No.146

Across: 1 Crutch; 4 Tricky; 9 Inconsequence; 10 Immense; 11 Hired; 12 Clown; 14 Snags; 18 Idiot; 19 Inertia; 21 Neighbourhood; 22 Regard; 23 Prison.
Down: 1 Critic; 2 Uncomplaining; 3 Canon; 5 Roughen; 6 Congregations; 7 Yields; 8 Repel; 13 Watcher; 15 Winner; 16 Pivot; 17 Pardon; 20 Error.

WESTERN ALGARVE Mastering Business in an Age of Complexity

The universe is full of masters. Some are and some not. The business world does not allow half measures. The difficult path to success is strewn with good ideas but failures nonetheless. We need to understand the changing world of work and the complexities therein to find a place where we become the master. Dr Rene Pellissier is the founder of Ymholiad Pty Ltd - International Research Institute in Leadership and Innovation. The company undertakes specialised research in the areas of innovation, information delivery, process & performance management, IT evaluation and implementation and leadership. She is the recipient of numerous research awards and currently works at the University of South Africa as researcher and teaching Innovation & Technology. She has lectured at most South African universities and has written or contributed to several books and has published papers extensively and presented these nationally and internationally on information-related issues. She has participated in the annual international master classes in Leadership and Complexity held in the UK, Portugal and South Africa.

Wednesday June 27th 2007

Network Lunch at Cottons Restaurant, Alto Club, Alvor
12.30 pm for 1.00 pm – Time to Network
Cost: Members €15 Guests €20

Please book no later than noon on Monday, 25th June



Contact Network Co-ordinator,
Paulette Fouché at pfouché@clix.pt or
282 415843
www.networkalgarve.org

Tavira collision kills one



One death and one serious injury was the result of a collision between two vehicles near Fonte do Bispo, Tavira, according to Faro's District Rescue Operations Centre (CDOS).

CDOS also confirmed that the accident took place at approximately 17h00, on the EN270.

Attending the accident were officers from the GNR's Traffic Brigade, nine firemen, three fire-

vehicles, two ambulances and an emergency medical response unit.

Both victims had to be cut free and the injured was rushed to Faro district hospital.

VVIS Parents and Local Community raise funds



Funds in excess of €10,000 were raised at a recent auction night held by the VVISPA (Vale Verde International School's Parents Association), in conjunction with many local sponsors and supporters from the local private and business community.

As has been the school's practice in the past, a portion of all funds raised are donated to the school's associated charity, Nucleo Educativo da Criança Inadaptada (NECI). In addition to the monetary donation, some much needed equipment was also handed over to NECI.

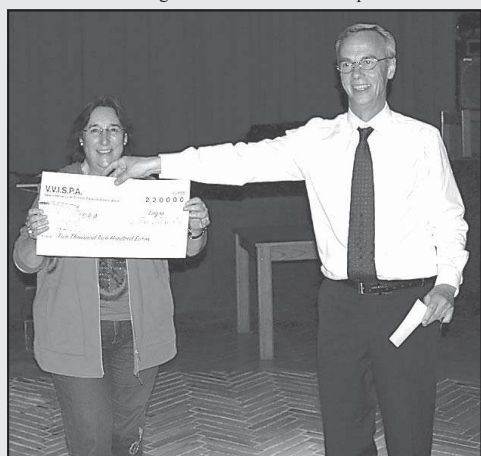
The formal hand-over of this donation took place during VVIS' musical production of "Oliver" which was held at Tempomar, Burgau, on Friday, 15 June.

This show was the culmination of months of hard work, with both nights being extremely well attended and the show a resounding success. All in all the entire show was a credit to the school and a tribute to the efforts put in by the headmaster Mr. Roger Fore-

man, his helpers from the staff and parents involved and of course pupils themselves.

All children from the school took part, either on stage or managing the show from behind the scenes with professional flair resulting in a highly entertaining production. The true message behind the Dickens classic was preserved and presented by the use of two narrators as well as the acting skills of the cast. The fabulous songs from the musical version were perfectly performed and the choreography and scenery added to the magic.

A DVD has been produced and anybody wishing to view some selected highlights can do so by requesting a copy on or before the end of June, via the parent's association web site at www.vvispa.com.



Roger Foreman of VVIS handing the cheque to the representative of NECI, Dª Maria Eduarda Oliveira Santos.

Head of RTA nominates 'right hands'

Recently elected as head of the Algarve's Regional Tourist Board (RTA), António Pina this week, during his first executive meeting, appointed the tasks of marketing, promotion and tourist information to two of his committee's permanent members.

Nuno Aires was appointed RTA vice-president, his function will comprise taking over Dr. Pina's role when he is unable to fulfill it. Sr. Aires will also be in charge of the 'Boa Esperança' caravel, the RTA's participation in congresses and musical events, as well as regional tourism marketing, studies, statistics, projects, IT and communication, public relations, and imagery.

Helena Mak was placed in charge of tourist entertainment and promotion, tourist information bureaux, documentation and information.

António Pina, as President of the RTA, will be responsible for managing the board, along with matters of regional finance and heritage. He will also represent the RTA in national and international tourism events.

All Manor of reasons to celebrate



Manorpark's directors, Michael Clarke and Sören Højbjerg.

Manorpark Properties celebrated a dual anniversary recently, and not only marked a year since relocating to their new HQ premises in Almancil, but also 20 years in business.

Colleagues, associates and friends were welcomed to a festive marquee outside their office, where a party atmosphere prevailed with live music, champagne, sangria and exotic

sushi to tempt the palette. A celebratory cake was cut by Manorpark's directors, Michael Clarke and Sören Højbjerg.

In a typically amusing speech, Mr. Clarke commented: "Twenty years ago we opened a cramped little office with the aim of doing enough business to pay the bills and put food on our plates. Now, 20 years on,

with several branches and an operation that spans Portugal, Spain, the UK and Ireland, nothing has changed – we just have a lot more mouths to feed..."

Indeed, continuing the company's expansion, he also announced the forthcoming opening of a Manorpark branch in Olhão, along with plans already well under way in other areas including Lisbon and the UK.

Petrol station employee detained for money swindling

A 29-year-old man, an employee at a Loulé petrol station, was detained by police last week after he was suspected of swindling up to 70 customers

out of 17,000 euros.

The suspect is thought to have used an automatic payment terminal, which duplicated client's petrol payments when paid for

by credit card, depositing equal amounts in an account of his own. His passport was confiscated and he was placed under house arrest.

AMiA Canon visits All Saints

The Rev'd Canon Ellis Brust President of Anglican Mission in the Americas was the invited guest of All Saints Council following relationships forged at the Winter Conference of AMiA in Jacksonville, Florida earlier this year.

The weekend started with Bible Study and a presentation from Canon Brust, outlining the background to AMiA, the personal involvement of Archbishop Kolini of Rwanda and what All Saints can gain by being part of AMiA, who are now known more universally as Anglican Mission.

On Sunday the Almancil Centre main hall was full for the Sunday Service when Canon Brust preached on "Mission Ministry" encouraging the congregation to accept that "For God nothing is impossible" and was followed by quiet reflection and ministry.

During the afternoon the cel-

ebrations continued with the baptism of two of the youngest members of All Saints, Emma and Jack Wilson when about 80 people witnessed Emma and Jack being welcomed into the family of All Saints.

Canon Brust flew out on Monday morning en route for his home in South Carolina. At the airport Ellis said "For the past few days I have spent time with people I now view as friends and brothers and sisters. There is a strong missionary spirit alive in the Algarve and the work that the people of All Saints have undertaken over the past year shows that they are strong in the spirit of discipleship."

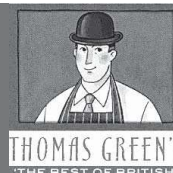
The Rev'd Eric Britt, Priest-in-Charge, commented "We now have a greater awareness and understanding of AMiA's vision and are drawn to embrace those ideals."

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All(garve) that jazz!

Jazz is certainly making a comeback. Once on the brink of extinction, the catchy music, which, admittedly, is an acquired taste, is currently enjoying a healthy revival. But it is a little known fact that jazz has always had a strong tie with the Algarve. Here, it has roots that are firmly embedded in the region's soil and pulse through the veins of Algarvean history. 'Enjoying Algarve' this week gets jazzy, presenting the best of what the region has to offer.

Manoel's Jazz Club; the legacy of a local legend

Manoel's Jazz club in Monte Carveiro is the epitome of a musician's haunt. Underground, dark and mysterious, it was established in 1985 by Manuel Guerreiro, otherwise known as 'Manuel do Jazz'. Manuel is a local legend, a character that goes hand-in-hand with Portuguese jazz history.

Manoel's Jazz Club was the first venue in the region to be totally dedicated to jazz.

Enhanced by the magic of the picturesque square in which it is located, at its peak it was the place to be seen; a venue where the closing hours depended solely on how the night's entertainment was going and where everyone was welcomed like a long-lost friend.

Once an exclusive hang-out for the international Jet-Set holidaying in the area, over the years the club became a 'home from home' for local musicians and jazz lovers, who would take refuge in its confines and indulge in impromptu jam sessions.

Manuel Guerreiro was himself a talented jazz musician, one of Europe's most prominent and sought-after saxophonists.

Born in Portimão in 1932 his career saw him rise from busking on the streets of Lisbon to playing in some of the capital's trendiest venues. He made appearances on TV and later travelled through Morocco, Tunisia, Italy, France and Spain, where he became as popular as in Portugal, before returning to settle in the Algarve in 1969. In his heyday, as he trav-

elled the world with his sax, he rubbed shoulders with some of the earlier European jazz and rock 'n' roll scene's most famous faces.

Subsequently he founded, and was part of, some of Portugal's most famous jazz ensembles, before establishing Manoel's Jazz Club in the 1980's.

With its trademark brass instruments hanging from the ceiling and adorning the walls, its prestige and quirkiness placed the club amongst the region's trendiest and most unique haunts of the late 80's early 90's. To this day its popularity has not faded and, despite losing

its more famous clientele, a reflection of the mainstream tourism that flushed out the exclusivity Carveiro once boast, to this day the club continues to attract customers by the hundreds.

Under new management since Manuel's unexpected death in 2002, it is now owned by close friend Renato Trindade, the club currently offers a streamline interior décor and a more extensive musical repertoire, which includes Afro-Jazz and South-American swing, as well as current popular Brazilian and African hits. Renato introduced the different genres of live acts when difficul-

ties in sustaining the club's original purpose threatened its closure. Even so, the various bands have proved equally, if not more popular than before, meaning Manoel's Jazz Club continues to thrive and its legacy can continue. Bringing the club back to its former jazz-inspired glory is Renato's ultimate goal, a tribute to his friend's memory. Jazz sessions will soon be re-introduced, promised to happen this summer.

Manoel's Jazz Club can be found in Monte Carveiro, and is open Monday and Friday, from 22h00 – late. How late? That depends on the vibe!



With its trademark brass instruments hanging from the ceiling and adorning the walls, the Jazz Clubs' prestige and quirkiness placed the club amongst the region's trendiest and most unique haunts of the late 80's early 90's.

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Food for thought

If gastronomy is your passion yet Jazz remains a close second, then why not put the two together and really stimulate your senses at the Savour Jazz nights

at the Bon Bon Restaurant.

The acclaimed Bon Bon Restaurant in Sésarias, Carvoeiro, already boasts such a following that reservations are often re-

quired.

But when the restaurant joined forces with the highly talented and super-cool jazz duo 'The Swing Thing', Friday evenings at the Bon Bon became sell-outs.

It was a match made in heaven. Excellent cuisine complemented by the Algarve's leading piano and vocal jazz ensemble. And with the agreeably warm summer evenings and an open, flower-scented terrace, what better way to enjoy a relaxing and unique dining experience.

The menu is one of finesse, offering exquisite creations of gourmet cuisine. The entertainment is equally as superb, with a cross-section of easy-listening classics performed with a style and flair that is characteristic of 'The Swing Thing'.

For more information or to make a (highly recommended) booking, contact the Bon Bon on: (+351) 282 341 496.



If gastronomy is your passion yet Jazz remains a close second, then why not put the two together and really stimulate your senses.

When the Saints come marching in

June is the month of 'Marchas Populares' – or popular marches – community parades that are held on a series of specific dates each year throughout the month of June to celebrate the life and good-doings of a particular Saint. Not only are they demonstrations of religious belief and history, they are lively, colourful events that first-timers can't help but be amazed by.

Traditionally these gatherings are accompanied by food and drinks, put on in little shacks that are built throughout the municipalities streets. Celebrations reach fever pitch towards the end of the

month when closing parades pull out all stops to wave goodbye to June's Saints in style.

This weekend a number of closing Popular Marches will be taking place. If you want to experience real Portuguese culture, make sure you pen them into your diary!

For the ninth consecutive year, in Portimão, this year's closing parade will take place along Praia da Rocha's main avenue, on Saturday 23rd from 22h00. It is the culmination of four weekends of celebrations, representing an investment of nearly €140,000 on the City Hall's behalf, and has a

history of attracting spectators by the hundreds.

Armação de Pêra's celebrations will take a fishy twist this weekend with the 'Festival da Caldeirada' – a fish stew festival! Held on Saturday (June 23rd) and Sunday (24th). A number of local restaurateurs will put on samples of the renowned dish, sold from street-shacks, a traditional Portuguese meal based on stewed fish and sea food with potatoes, onions, tomatoes, pimentos, spices wine and olive oil. This year's festival will be even more exciting as it coincides with the parade of Saint João, which will take place in the main avenue of Armação de Pêra at 22h00 on 23rd June.

In Tavira, on Saturday 23rd from 22h00, three municipal associations will be performing in the city's Praça da República; the Marcha Infantil de Santa Maria (children), Marcha de Santa Maria, and the Marcha da Sociedade Recreativa e Musical Luzense, who will be bringing colour and music throughout the night.

In São Brás de Alportel the celebrations will be ongoing until June 29th (pop into any municipal building – eg. the town hall, library, museum, etc. for more information on time and place), and in Silves the São Pedro parade will take place in Messines, on June 28th.

Festivities will take place this Saturday night in most municipalities throughout the Algarve. For more information, contact your local town hall or tourist information centre.



Jazzy Sunset Dining at Le Meridien

From July until September Le Meridien Dona Filipa and San Lorenzo Golf Course will be presenting Jazzy Sunset Dining evenings, featuring the 18-piece Lagos Jazz Orchestra.

An open air event, which is set around the resort's beautiful swimming pool area, overlooking the Atlantic Ocean, with a live performance from the famous Lagos Jazz Orchestra, directed by Hugo Alves.

Dinner starts at 19h30 so you can take in the beautiful

sunset as you dine. At 20h30 the concert will commence, an instrumental spectacular.

The price per person is €55 and includes the concert, dinner, and half a bottle of wine per person. Treat yourself to an unforgettable evening of fantastic jazz and good food. Dates: 02/07/07, 16/07/07, 06/08/07, 20/08/07, 03/09/07, and 17/09/07.

For more information contact: (+351) 289 357 223, or see their website: lemeridien.com/donafilipaspecialevent.

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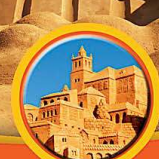

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Nisa and its environs

For many Nisa is probably known only from seeing the name on a map when touring the country or perhaps from perusing the large selection of Portuguese cheeses on display in the supermarkets as Nisa cheese made from sheep's milk is a product that is well renowned and is designated as DOP – *Denominação de Origem Protegida* (Protected Designation of Origin). This is a cured cheese that like the majority of Portuguese sheep cheeses is coagulated with an infusion made from *cardo* the Cardoon Thistle – *Cynara cardunculus*. Therefore, if you are a vegetarian look out for this ingredient in the list that is displayed in the small print on most cheeses, not only the ones produced from ewes' milk.



The Portugal News presents a fortnightly page entitled 'Luso File' with words and photography by Madge and John Measures.

The Measures have lived in Portugal since November 1968. During most of that time they have studied the natural history, handicrafts, traditions and many other aspects of the country in which they have made their home. For many years Madge and John have written about Portugal and for over twelve years lectured on all its facets. On a regular basis they will be sharing with our readers some of the fascinating and to many unknown, place and traditions they have researched.

When travelling from Évora en route to Spain and France through the north eastern town of Guarda on the main IP2, E802 we have many times in the past, diverted from this main thoroughfare on to the N18 soon after bypassing

Vila Velha de Rodão.

In early May we travelled along this spectacular road once again. Initially we passed through an area that was dotted with huge rounded stone outcrops and the land covered

but it is really very well worth a visit. There is good parking around the recently-remodelled spacious centre where you will see one or two interesting old buildings adorned with white storks' nests and the large *turismo* with very helpful staff. This tourist information centre also combines as being a centre for exhibiting the interesting crafts of the region, three of which are found only in this vicinity.

Many of you will have seen the unique terracotta pottery of this Alto Alentejo region that is lavishly decorated with very small shiny white marble or quartz chippings, beautiful work but very time-consuming to achieve. The lace-like floral designs very reminiscent of those that decorate the wonderful silk embroidered bed-spreads from Castelo Branco that is situated some fifty kilometres to the north east – see Lusofile of September 17th 2005.

The second handicraft of the region is the exacting felt appliqué work. We visited several ladies in their workshop that is situated within easy walking distance of the *turismo*. Here they make anything from elaborate tablecloths to small felt

coasters. Initially a piece of felt is covered with a second piece of a contrasting colour with a paper pattern on top. This is then very carefully machined in place before the paper is torn away. Next, ladies with very sharp scissors cut around the machined design to remove the unwanted felt leaving the beautiful design. This is very exacting and tiring work as one false 'snip' and the pattern is ruined!

Thirdly and perhaps the most beautiful of Portuguese needlework you will see the *alinhavados* also typical of the Nisa region. This is beautiful work that is traditionally white and like the previous handcraft extremely demanding and exhausting with intricate embroidery that also incorporates a delightful open design. Besides the previous three mentioned there are examples of *renda de bilro* – bobbin lace sometimes known

as pillow or bone lace – also leaving their mark.

The first town charter was granted during the reign of Dom Sancho II in 1229 with Dom Manuel I giving a new charter in 1512 to Nissa, the roots of the name thought to be from the French town of Nice. During the upsets between Dom Afonso IV and his son-in-law Afonso XI of Castille the town walls were

through beautiful countryside comprising colourful deep purple French Lavender, red Digitalis, the bronze coloured Rumex and areas covered with lilac thistles and yellow broom before we reached woodland of the name thought to be from the French town of Nice. During the upsets between Dom Afonso IV and his son-in-law Afonso XI of Castille the town walls were



Nisa pottery

with a blanket of blue flowers, yellow flowering shrubs and brilliant red poppies before arriving at the town of Nisa. For many, Nisa is a town that they frequently pass by,

The lace-like floral designs on the pottery are very reminiscent of those that decorate the wonderful silk embroidered bed-spreads from Castelo Branco.

Nisa is situated in a region that has its roots going back to prehistoric times as can be seen by the number of Neolithic monuments that are found in



Appliqué work tablecloth

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constructed to protect the populace from danger.

This historic centre is entered by the *Porta da Vila* and you are suddenly transported into a different era with the narrow streets and three storey houses a dramatic contrast from the wide open spaces of the 'outer town'. Here you will find the parish church, *Igreja Matrix de Nossa Senhora da Graça* from the 18th century, the Fonte do Frade from 1726, the 16th century *Capela de Misericórdia* and the very unusual pillory again from the 18th century. This has the armillary sphere at its top with a sword crowning this and also some of the iron manacles. The only other pillory that we have seen with an upraised sword is in Vila do Conde where it is brandished by hand as a further deterrent to criminals!

Continuing our journey towards the Tejo river we passed

This stretch of the N18 is truly magnificent as you are driving down through wooded hillsides and typical Mediterranean type scrubland with cistus and lavender predominating, but in spring the hillsides are covered with a very fine yellow form of the 'Angels' Tears *Narcissus triandrus* – that over recent years has benefited

from the potash produced from fires that raged through this area some six or seven years ago. Not only do you get the beautiful flora but also splendid glimpses of the Tejo below.

After passing through Vila Velha de Rodão you take the well signed, steepish upward road to rejoin the IP2 after having had a truly scenic experience with the exploration of an interesting town and a well deserved coffee break en route!

The opinions expressed here are those of our readers and not necessarily of the *The Portugal News*. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and be of no more than 300 words to: *The Portugal News*, Apartado 13, 8401-901 Lagoa. Fax: 282 341 201. E-mail address: letters@the-news.net

Forensics

SIR, I know that bleating about the misuse of English is a lost cause but the increasing use of the non-word *forensics* as a noun is particularly irritating. TV is awash with police dramas and sooner or later you just know someone is going to ask, "Have you heard from *forensics* yet?" *Forensic* (no s) is an adjective and *forensic medicine, forensic dentistry, forensic pathology* etc: refer to those disciplines in their relations to law and the courts.

I have always liked anagrams, the transposing of the letters of a word or group of words to produce other words that possess meaning. A clever variation is that the new word or words must be logically related to the original. Here are some good examples that have received over recent months:

'Astronomer' becomes 'Moon starrer'.

'Election results' become 'Lies - let's recount'.

'George Bush' becomes 'He bugs Gore'.

'Slot machine' becomes 'Cash lost in me'.

'Dormitory' becomes 'Dirty room'.

And a really clever one: 'Twelve plus one' becomes 'eleven plus two'.

What do readers think?
RON LAVERY, By e-mail.

Why we need the House of Lords

SIR, Once again, the House of Lords has managed to throw out a Bill that should never have got on to the Statute Book in the first place.

Namely, Tory MP David

MacLean's controversial Bill to exempt MPs from the Freedom of Information Act. This would have denied constituents the right to see how much their MP was spending on travel expenses and other allowances.

What is so worrying is that nearly 100 MPs voted in favour of this Bill. What is it about their taxpayer-funded expenses they are not willing to share openly?

We commend the 25 MPs who had the courage to oppose the Bill, also the entire House of Lords, not one of whom - and only one was needed - was interested in sponsoring what Lord McNally, Lib Dem leader in the Lords, called a 'squalid little bill.' We totally agree with his sentiments: 'We are happy that this Bill will not become law. It speaks volumes that no member of the House of Lords was prepared to support this legislation.'

Long may the House of Lords exist in its present form to override the self-interest of politicians and continue to uphold the principles of honesty and integrity as well as using good old common sense.

TONY AND LOIS HERRINGTON, By e-mail.

Prime Minister

SIR, I read in your television listings for 20 June that Mr Blair is Britain's second longest serving Prime Minister. There have been five Prime Ministers who have served longer terms (Walpole, North, Pitt, Liverpool and Thatcher). Mr Blair does hold the record though of the longest serving PM of the 21st cen-

tury.
PETER KINGDON
BOOKER, Tavira

An open letter:

New EU-treaty is bad for smaller member states. We need a Europe of the citizens

SIR, The German Presidency is aiming to take decisions about a new Treaty in a few days time. This will end the "period of reflection" that started after France and the Netherlands rejected the Constitutional Treaty. In the Netherlands, this period of reflection has hardly been used and the Dutch government is now taking a position that does not reflect the general public opinion. Therefore, the outcome would likely be rejected yet again if a second referendum were held, which is wanted by a large majority of the population, but opposed by the government.

By contrast, another kind of treaty that would reflect the main concerns of the Dutch people, may also be in the interest of other small Member States like Portugal, and probably of every European citizen.

Public opinion in the Netherlands is much more pro-European than many may think after the rejection of the Constitution. The major reason the Treaty was rejected is because people feel they have lost control over European decision making. And rightly so: when analysing the decision-making process one cannot but conclude that in a Union of 27, smaller member states, including the Netherlands, have little to say. The power is concentrated with the larger member states.

The Union's institutions were originally designed for a community of six.

Decision making takes place through representatives of the Member States.

With six Member States this posed no major problem: when

there are six around the table, everyone could express his views and would have had some influence. Even with 9, 12 or 15 member states, each Member State could have a say. But with 27, this is impossible. Power will thus be concentrated with the four or six larger Member States that are likely to make compromises amongst themselves.

The extension to 27 Member States effectively comes down to a regime change and produces a European Union that is quite different from the one we used to know. This is one of the main reasons why the Dutch people are not comfortable with the current European Union. As citizens of a smaller Member State they realise they no longer influence the making of decisions.

A key solution would be to make European decision making much more democratic and accountable. This does not mean yielding more power to the Union, but only making sure that the power the Union already has, becomes accountable. We should move from the Europe of the capitals - where small Member States have nothing to say - to the Europe of the citizens, where the view of each individual citizen is taken equally into account.

An important feature would be giving more powers to the European Parliament - but the European Parliament itself would have to be modified.

Many people currently feel disaffected by the European Parliament. One of the reasons is that it is elected by national elections, which makes the European Parliament an element of the Europe of the capitals. This has two consequences: the larger Member States have more influence and people can no longer follow what happens with their vote. In the Netherlands you can vote for one of the 27 delegates among a Parliament of 785. But unlike in Dutch national elections, it is al-

most impossible to follow what happens after.

This would be different if people could vote for a European Parliament that is elected by proportional representation and Europe-wide lists: the same party and - in principle - the same candidates would be eligible in all member states. For instance, there would be a European socialist, liberal or conservative party. Thus, one could vote for an election program and a top candidate that is recognisable to all European citizens. Of course, one would be able to vote for a fellow-countryman on that list, but his/her position in the European Parliament would be much more recognisable. The political debate would be held on a Europe-wide scale and each citizen would be able to influence it directly through his vote.

In electing the European Parliament through Europe-wide elections, the view of the Europeans would be clearly expressed. Citizens of smaller Member States would have an influence on European decision making, which they do not have now. But also citizens of larger Member States would benefit

from a more accountable and democratic European Union. Citizens would be able to influence European decision making directly, without their views being filtered by national politicians or civil servants.

Of course, one cannot change the election system entirely at once. But electing half of the seats in the European Parliament through Europe-wide elections would be feasible. If this would be achieved in the next Treaty, this would be truly in the interest of the citizens of small member states, including the Dutch. The objective the Dutch government is currently pursuing - a bigger say for national parliaments - is obviously without any significance. It would only complicate decision making needlessly.

It is in the interest of the Dutch citizens - and citizens of other smaller Member States - to aim at a Europe of the citizens. But the way things are going now, the Dutch people will probably have to reject the result yet again.

SAMMY VAN TUYLL, Chairman of the Liberal Democrats in the Netherlands and a board member of the 'New Europeans'

Abortion, from p. 1.

the requests, with the exception of perhaps the Alfredo da Costa Maternity" in central Lisbon.

Another problem being faced by hospitals is that most doctors are refusing to perform VTPs. At the Santa Maria Hospital, one of the country's largest, more than 80 percent of doctors have already told the administration that they will not be answering calls to assist in performing abortions for reasons other than those covered by previous legislation, such as health reasons, rape or mal-formation of the foetus.

A similar percentage of doctors at other Lisbon hospitals and in Oporto have requested leave from performing VTPs.

Even flyers printed by the health ministry aimed at explained procedures to VTP candidates have not arrived at hospital consulting rooms.

Furthermore, the law also allows women to select the hospital at which they would like to undergo a VTP. A situation which administrators feel will place an additional strain on their capacity to provide the service.

However, private hospitals across the country have indicated they are ready to step in and satisfy the demand for VTPs.

In the Greater Lisbon Area, six private clinics have already lodged the necessary paperwork that will enable them to perform VTPs.

While there is some uncertainty as to the licensing private hospitals require in order to accommodate women wishing to terminate their pregnancies, a private hospital in Portimão says it is ready to answer VTP requests.

A spokesperson for the Hospital Particular do Algarve (HPA) explained to *The Portugal News*: "We can carry out the operation on the same day", adding: "Psychological assistance is also provided before and afterwards."

HPA also admitted that many of its doctors are resisting the new law, and "around half" have said they would not conduct a VTP.

The hospital charges around €800 to perform a VTP, a figure similar to that which is being asked at other private venues across the country.

329

Portuguese for all

Na lição de hoje vamos resolver um exercício de escolha múltipla para consolidação de verbos.
Até à próxima lição, Emília Rosendo.

EXERCISE: Choose the verb - a), b) or c) - which best completes each sentence below.

1. Eles vão _____ a ementa ao empregado porque ele ainda não a trouxe à mesa.

a) encomendar b) perguntar c) pedir

2. No Inverno, muitas pessoas gostam de _____ na praia.

a) caminhar b) ir c) passar

3. Quando terminar o curso, o Pedro vai _____ a um emprego muito bem pago no estrangeiro.

a) candidatar-se b) aplicar-se c) oferecer-se

4. Para acompanhar o peixe, vamos _____ batatas, cenouras e bróculos.

a) ferver b) cozer c) coser

5. O Rui vai _____ furioso quando souber que tu levaste o carro dele sem autorização.

a) ficar b) estar c) tornar-se

6. - Você _____ bem a cidade de Coimbra?
- Sim, _____. Vivi lá durante 10 anos.

a) aprendeu...aprendi b) sabe...sei

c) conhece...conheço

7. Depois do jantar, os filhos costumam ajudar a mãe a _____ a mesa.

a) tirar b) limpar c) levantar

8. Durante as aulas o professor pedia para os alunos _____ muita atenção às explicações.

a) pagarem b) prestarem c) estarem

9. Quando chegaram de viagem, os hóspedes foram para os quartos _____ as malas.

a) retirar b) desfazer c) desempacotar

10. Ele vai ficar muito mais aliviado quando _____ toda a verdade.

a) descobrir b) destapar c) encontrar

11. Nós tivemos que _____ as calças à loja porque tinham um defeito.

a) devolver b) entregar c) retomar

12. - Você _____ o nome das 9 ilhas do arquipélago dos Açores?

- Sim, _____: São Miguel, Santa Maria, Terceira, Faial, Corvo, São Jorge, Pico, Graciosa e Flores.

a) compreende...compreendo

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Did you know that you can get more sunburnt by wearing sunglasses? (Photo: Press Association)

Survival of the sickest

Wearing sunglasses can give you sunburn, and someone's smell can turn you on! Both true, and there are a host of other medical facts that will surprise you, thanks to the revelations of Survival Of The Sickest: A Medical Maverick Discovers Why We Need Disease.

Wearing sunscreen and sunglasses in the summer is something we do automatically, but there may be a surprising price for those 'health conscious' choices.

In fact, shades and lotion could put you at risk of sunburn or even affect your bones, according to Dr Sharon Moalem whose researches in his new book, Survival Of The Sickest, reveal controversial new facts about our bodies.

Dr Moalem, 32, says: "I've looked behind conventional wisdom on illness and disease and found that genetic and cultural differences have led our bodies to find different and unique ways of reacting to our environment."

"It's also become clear that many of the simple impulses we never question - like needing to urinate more in cold weather - may have originated when we battled to survive an ice age thousands of years ago."

Take a health check and find the answers to questions that you wouldn't ask your GP.

Do sunglasses cause sunburn?

Your skin colour changes when you are exposed to the sun, because it encourages your body to produce more melanin, a skin pigment from the pituitary gland.

Melanin prevents your skin from absorbing harmful ultra-violet light, which can burn the skin.

But the pituitary gland only knows how much melanin to make from the signals it gets from the eye. If the eye says it's sunny, the pituitary gland goes into overdrive. But if you wear sunglasses the gland is fooled, less melanin is produced and sunburn can result. Dr Moalem believes this may explain the soaring rates of deadly skin cancer, like melanomas, in affluent countries.

Why do we pee when we're cold?

Most of us, when we're exposed to the cold for a long time, need to go to the loo. Dr Moalem says it's a natural response to stop the body from freezing. Urinating a lot is a fast way of keeping internal water levels low and leaves a higher concentration of sugar in the water which remains in the body.

Sugar acts as an 'antifreeze', resulting in the freezing point of the human body being much lower than it would be otherwise. This way of controlling blood sugar levels could have been a genetic mutation allowing our ancestors to survive ice snaps.

Does the weather affect cholesterol?

Dr Moalem believes cholesterol levels can go up in the winter by as much as 30%, and decrease because of sun exposure in the summer. He urges doctors to be aware of this when testing people's levels, as poor results can lead to them being put on cholesterol-beating medication or health regimes.

Those who live in Northern Europe and the UK are more likely to have the gene predisposing them to high cholesterol, because of a colder climate and lack of sun. Dr Moalem says we need cholesterol to trigger the production of Vitamin D, vital in warding off infections and cancer. The other source of Vitamin D is the sun, but when that's lacking the body produces more cholesterol to increase our natural level of the vitamin.

Can sun lotion hurt your bones?
This is another link to Vitamin D, which is vital for healthy bones - if levels are low people can develop osteoporosis and children can get rickets. Ultraviolet B rays, strongest when the sun's overhead, help the body convert cholesterol to Vitamin D. Suntan lotion blocks UVB, so the body doesn't create as much Vitamin D, and Dr Moalem points out that in Australia the intensive sunscreen campaign slashed skin

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SURVIVAL OF THE SICKEST

A MEDICAL MAVERICK DISCOVERS WHY WE NEED DISEASE

DR SHARON MOALEM
WITH JONATHAN PROVINE



Survival Of The Sickest, by Dr Sharon Moalem, is published by Harper Collins, priced £16.99/€25.20.

cancer rates, but sent Vitamin D deficiency rates soaring.

Why can someone's smell turn us on?

Someone's natural scent is part of their attraction, but it's all to do with a rather unromantic reason - disease. An alluring smell is a sign that your loved one has an immune system that's different from your own. Combining the two improves your potential children's chances of survival, because they will have double the power to fight off disease and infection.

Why do we go to work with a cold?

Diseases are programmed to reproduce and infect new hosts. Some are carried by other creatures like malaria-bearing mosquitoes. Others, like cholera, travel through water, but the common cold just needs close contact with others to spread.

If the illness left you too ill to move you'd stay at home and not mix with people, meaning the disease couldn't be passed onto new victims. Instead, Moalem says, it makes you sick enough to sneeze and cough, but well enough to go to work or school.

Why are greeks hairier than africans?

Thick hair on arms and legs may originally have protected people against mosquitoes carrying malaria. In Africa, with its intense heat, thick body hair

would have been a disadvantage and people evolved having less and less. Thickest body hair is found where malaria is common and not too hot - the Mediterranean.

How do sexual diseases spread so easily?

Researchers are discovering that many diseases can affect behaviour, and it's thought that STDs (sexually transmitted diseases) may influence sexual activity. Herpes is one that may heighten sexual feeling because it can make the area itchy and increase awareness of it. That's liable to increase a desire for sex that the virus welcomes, as it's programmed to survive and reproduce, and this increases the likelihood of being passed on.

Why do certain races get drunk more easily than europeans?

In Europe in ancient times people purified water through fermentation to make beer, and the alcohol in that process killed microbes. In the Far East, people purified boiling water only to make tea, so did not build up a tolerance to alcohol. Unlike Europeans, they do not produce an enzyme that breaks down acetaldehyde, the first by-product of alcohol, into a less harmful acetate. This means East Asians suffer more from the toxic effect of the chemical.

Gabrielle Fagan



East Asians suffer more from the toxic effect of alcohol than europeans. (Photo: Press Association)

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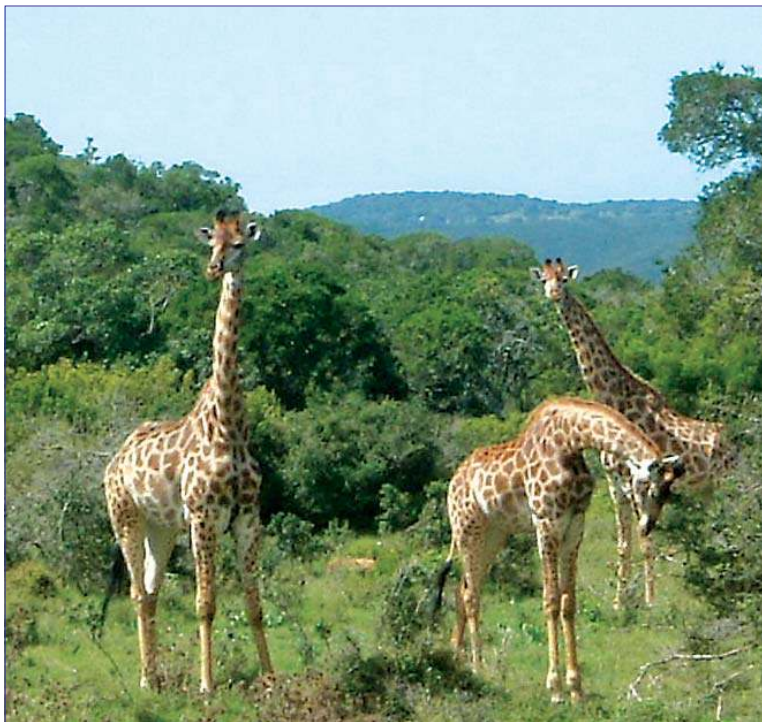
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Silver adventurers in Africa



You could have heard a pin drop. Six of us sat in an open, game reserve Land Rover in the African bush, parked on sloping grassland facing a belt of bungalow-high trees and shrubs and the only sound was the ticking of a cooling engine.

Our ranger, an Afrikaner with a wrestler's shoulders, kept a finger to her lips. We didn't argue with her.

Suddenly came ripping and tearing noises, crunching and

creaking from the green haven slightly below us. The few hairs left on the back of my neck really did stand up.

Trees shook and parted and then right in front of us was a huge

female elephant, matriarchal head of a following tribe of six in descending size to the baby of the family. Our collective sigh of awe was punctuated only by clicks of cameras in sweaty palms.

Kariega Game Reserve in Eastern Cape, South Africa was our first foray on land from the aptly named cruise ship Spirit of Adventure, on a voyage to unlock mysteries of the dark continent.

At the risk of sounding wimpish, the idea of exploring Africa from a five-star 'floating hotel' had been rather appealing.

Let it not be said I am a timid person - cautious maybe, certainly about health and leonine dangers. But sailing into port, exploring ashore by day, and returning to our ship at night sounded ideal - and it was.

Our route took in South Africa, both its outstanding beauty and hidden crime dangers; Mozambique, racked by civil war and recently ravaged by cyclone, flood, and poverty; the piratical trading lands of Zanzibar Island in Eastern Tanzania; and on to

Mombasa, Kenya via Mayotte in the Comoros Islands north of Madagascar.

We saw elephants and lions, giraffes and white rhinos, smelled things unimaginable, saw amazing vistas, met the poor and very posh, and felt we were walking the wild side in the best and safest way - from a smallish ship, wrapped in acquired knowledge and cared for by experts.

So it was that we embarked on Saga's Spirit of Adventure for an exploration of Africa from a five-star 'floating hotel', packed largely with couples of a certain age but all refusing to lie down and roll over.

Ahead lay 4,350 kilometres of

ing winds and somewhat challenging in the middle of the cyclone season, but with a very real sense of 'family' and familiarity.

These modern, or modernised, ships - big or small - have sophisticated communications and advance weather warning systems and captains are smart at nippy diversions to avoid discomfort to passengers.

Things you can't and shouldn't avoid include yellow fever injections (£40/€60 each at your local surgery) for certain parts of Africa and malaria tablets (£2.20/€3.26 each Malarone tablet - but it pays to take the best).

On the other hand we did avoid

most of the worst storm to hit the coastal city of Durban for 25 years, swamping seafronts, damaging restaurants and closing the airport.

Captain Martin Breen, a gentle giant of an Irishman who actually sounded like Bob Geldof on the ship's tannoy, decided to outrun the worsening weather and we fled north on a rather bumpy ride.

We tried twice in the next 24 hours to reach the safer haven of Richard's Bay further up the coast but the closed port ordered us to clear the area.

Day three finally saw us moored peacefully in Maputo, capital of Mozambique, where a



the east coast of Africa with on-shore day trips - on an elegant floating home with good food, good folk and a sound night's sleep without mosquitoes.

The crew, without exception, and the food, were first-class. Here was a floating culinary orchestra conducted by executive chef George Streeter from that county of exemplary eating - Cornwall.

Exotic menus apart, surely few other ships offer a porridge alternative for breakfast and traditional English desserts of spotted dick and treacle pud - in the tropics!

No floating nightclubs here but a piano bar, a quiz perhaps, dancing and a classical trio. The crew put on their own show, a bit like watching a school play as a familiar face emerges in the coconut dance.

I've tried bigger cruise ships with 2,000-plus passengers, but on balance I prefer smaller ships - maybe not as stable in freshen-



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Pictured above: A White Rhino at a waterhole in Kariega Game Reserve, and below: local traders surrounding the Spirit Of Adventure cruise ship in Beira port, Mozambique. Opposite page - top: Giraffes at Kariega Game Reserve; middle: Saga's Spirit Of Adventure cruise ship; bottom: Fresh coconut drinks were available on a island off Zanzibar.



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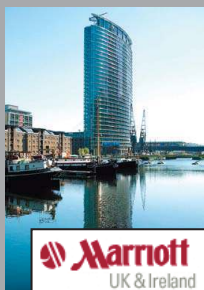


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changed itinerary allowed a two-day stay. There was time to enjoy guest lecturers, including former ITN war reporter Mike Nicholson and international watercolour artist Jackie Devereux, who held onboard workshops.

It was also an opportunity to journey cross-country in hastily arranged transport to the Kruger National Park, after long border crossing delays. We saw hippos and elephants again, and savoured a never-to-be-repeated lunch of kudu (antelope) stew, after running the gauntlet of unbelievable corrugated iron and reed suburban slums where thousands live with nothing.

Amazingly some of these grim areas spawn early-morning crocodiles of children, smart and neat in their school uniforms, ready to climb the ladder of education with hope and a smile.

We sailed ever north and nearer the equator to the Mozambique port of Beira where we were the second ever cruise ship to visit.

The bustling port acts as a gateway for land-locked countries including Zimbabwe, Zambia and Malawi. Most ships tied up were Chinese freighters.

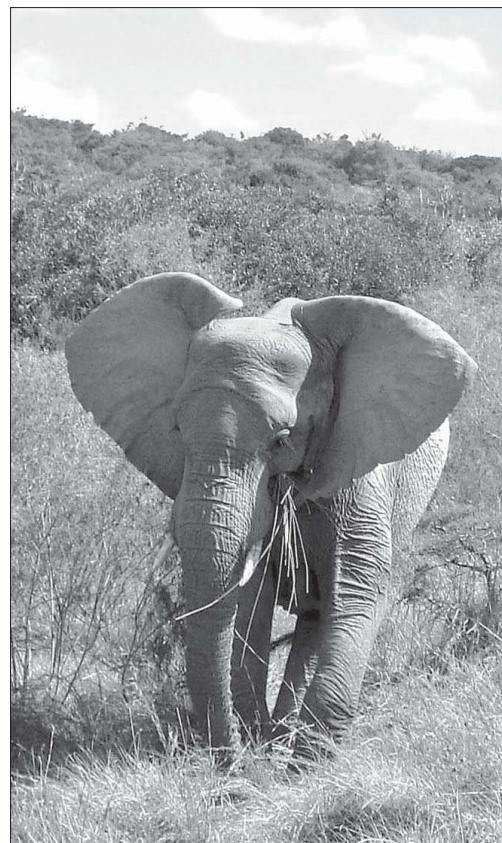
The squalor in parts matched that of Maputo. But locals, warned of our arrival, produced an eco-friendly welcome.

Youngsters had been employed to make bamboo fans for passengers using the vehicles hired for tours. They didn't have soft seats, but local merchants had supplied foam, and women had made cushions for the passengers to sit on.

As each passenger boarded, they got a white necklace made from scrap paper pulp, produced by young people on a UN aid programme.

We sailed that night over calmer seas towards historic Mozambique Island - once the capital and now a UNESCO World Heritage site - where most folk still live in reed houses. Our anchorage was two and half kilometres offshore because of sandbanks and we reached this boiling tropical hot-spot in rubber boats, running up onto a beach because the jetty had collapsed.

Not a trip for the faint-hearted but the 'grey navy' was up for it - running the gauntlet of necklace-selling locals in dugout canoes and rewarded on the return by a show from playful dolphins



An elephant calf at the Kariega Game Reserve in Eastern Cape, South Africa.

criss-crossing our wake. Very exciting.

The French island of Mayotte in the Comoros followed. A beautiful place ringed by exotic reefs, where giant fruit bats fly through the canopy of trees and porcupines roast on barbeques.

And finally, wafted by winds from the Arabian peninsula, came Zanzibar - lying in a natural harbour and a trading post since the 8th century, still fascinating and once the main slave entrepot on the eastern coast of Africa, trading over 50,000 slaves annually.

We chose an away day to snorkel on the reef - much superior I thought than the better known Grand Cayman and Bonaire sites in the Caribbean - with a crayfish barbeque on a little sandy island, cooked by the very laidback crew of our transport, an Arab dhow. Dolphins circled the

island as we ate.

Home via Mombasa airport in Kenya. But in my memories, I still picture whales on the port bow, flying fish bursting from foam-flecked seas and the Ancient Mariners' faithful companion - an albatross - that 'pious bird of good omen' - guiding us safely in stormy waters.

TRAVEL FACTS

David Mastin was a guest of Spirit of Adventure, which offers fare reductions of up to 45% on Mediterranean voyages this summer, from £1,577/€2,337 (two sharing inside cabin) for the voyage from Harwich on August 15 to Guernsey, Villagarcia de Arousa (Spain), Leixoes (Portugal), Seville, Tangier, Malaga, Cartagena, Soller (Majorca), Mahon (Majorca), Tarragona (Spain) and Barcelona. Free UK travel package to port or airport within 120km.

In its long-haul 2007/8 programme, Spirit of Adventure offers a 22-night voyage - 'From the Amazon to Argentina' - from November 28th 2007, from £2,759/€4,089 (two sharing inside cabin), with Rio de Janeiro, Montevideo and Buenos Aires among its ports of call.

Most Spirit of Adventure cruises include flights from a range of airports, including London, Manchester and Glasgow.

David Mastin



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Kitchen cupboard classics

Sick of uninspired leftovers and dodgy 'fridge medleys' when the kitchen cupboard looks bare? Ross Dobson, author of '3 Ways With ... Stale Bread', published by Murdoch Books, priced £14.99/€ 22.25, shares his favourite recipes for turning overlooked pantry fillers like beans, mayonnaise or tomatoes into quick and creative meals.

Ross Dobson

3 ways with...
stale bread
and 99 other ingredients you'll find
in your pantry, fridge or freezer

When it's been too long between grocery shops, when there's nothing inspiring in the fridge, or when all you've got in the cupboard is a bag of flour and a couple of dusty tins of chopped tomatoes, it's time to get creative in the kitchen. But where do you start?

Chef and food writer Ross Dobson has the answer with his new book *3 Ways With... Stale Bread*, a compendium of recipes based around cupboard and freezer basics like tuna, kidney beans, frozen sweetcorn and oats. Ross gives three takes on each ingredient - a great way to use up all those odds and ends taking up valuable kitchen shelf space: the half-full packets of filo pastry and the rapidly expiring pots of yoghurt.

Choose your pantry fillers

wisely and you'll never be short of dinner ingredients, Ross says. "My list is full of basic, readily available ingredients that have multiple uses and have the added benefit of making my cooking life easier... These basic ingredients are here to act as a framework for the start of something good."

Mid-week meals should be easy and fuss-free, he says - either recipes with a short cooking time that require only a little chopping, whizzing, or boiling, or those with a short prep and a longer cooking time, where food can be placed on the hob or in the oven and virtually ignored until it's done.

"Simplicity is the key here," he says. "The important thing is don't fuss too much and you will enjoy it even more."

Here Ross shares a little of the inspiration that lurks inside his kitchen cupboard, with three quick and easy recipes based on ingredients you already have in your home.

Jo Walker



Chicken Curry ...
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Frozen peas: Pea soup with crispy prosciutto and ricotta toasts

Cook one chopped onion in 40 grams (1 1/2 ounces) of sizzling butter for two to three minutes. Add 465 grams (one pound/three cups) frozen peas and one litre (35 fluid ounces/four cups) chicken stock and boil for 10 minutes. Pour into a food processor and blend for one minute until smooth and return to a clean saucepan. Taste for seasoning and leave on a low heat.

Heat a splash of olive oil in a frying pan and cook four to six slices of prosciutto in the hot oil for two minutes each side, so they brown and crisp. Remove from the pan. Toast four slices of sourdough until golden, and thickly spread three tablespoons ricotta on each slice. Crumble the prosciutto over the soup and serve with the toasts.

Curry powder: Chicken curry

Have your oven hot and ready at 180C/350F/Gas 4. Cut a whole chicken into 10 to 12 pieces. Combine three tablespoons plain flour and three tablespoons curry powder in a bowl and toss the chicken pieces around in the mix to coat them all over.

Heat a few splashes of vegetable oil in a heavy-based casserole dish and cook the chicken in batches for three to four minutes, turning often, so they sizzle and turn golden in the oil.

Pour off all but one tablespoon of oil from the pot and stir one chopped onion and two chopped garlic cloves in the spicy oil for two to three minutes, so the onion sizzles and turns golden. Return the chicken to the pan with 500 millilitres (17 fluid ounces/two cups) chicken stock and one chopped carrot.

Bring to the boil and cook in the oven, uncovered for 50 minutes. Stir through 130 grams (4 3/4 ounces/one cup) peas (defrosted if using frozen) and return to the oven for 10 minutes. Serve with rice and warm naan bread.

Mozzarella: Tomato, pesto and mozzarella pizza (Serves one)

Have your oven hot and ready at 220C/425F/Gas 7. Spread one tablespoon good-quality pesto on a small, round pitta bread and top with one sliced tomato and six thin slices of mozzarella. Grind over some black pepper and place on a tray and into the oven for 10 minutes. Top with some basil or spinach and a drizzle of olive oil.

Pousadas de Algarve can be found in Tavira, St. Clara A. Velha, S. Brás de Alportel and Sagres. Call to reserve your table for the best in Algarve cuisine and receive a 10% discount!

Mister Grilo Restaurant is a tricky place to find in Porches, but well worth the discovery. Not only well known to local residents, but also travellers from afar. The bar/waiting area is comfortable, often with an exhibition of local artists on display, and the Bistro dining room is painted with warm paint - washed walls with miniature palm trees and mosaic-tiled table-tops creating a lazy, sunny feeling as you sample the quite extensive menu. There are lovely sea and country views from the terrace, where you can try their delicious chicken 'cabidela' or octopus rice with coriander. A children's menu is available and there is live music on Thursdays.

Restaurante O Monte is located at Quinta Velha Cabanas in Cabanas de Tavira and your hosts Louis and Debbie welcome you to their old, farmhouse-style eatery. Their international team of chefs offer a mixed cuisine of traditional roasts, creole and eastern dishes at very good value. The interior of the spacious restaurant is decorated in pink and lilac presenting a chic yet cosy atmos-

phere. There is a large terrace surrounded by beautiful gardens, where you can relax and enjoy your meal, served by their smart and helpful staff, who speak French and Portuguese as well as English. Children have their own menu and you are advised to reserve your table rather than be disappointed.

Exquisitely-decorated with modern works of art, **Bistro des Z'Artes** restaurant in Alancil is co-owned by renowned chef Stanley Van Buren and Simon Visser Domus. Presentation is always of the highest level of professionalism, a must for Stanley, who believes that first impressions are most important as "food must look as good as it tastes". Together they produce unique dishes such as: Peanut Butter Soup with Baked Banana and Yellow Curry Soup with Lemon Grass and Coconut Milk. Whether you are a meat or a fish person the menu offers something to satisfy even the most discerning connoisseur.

Shanghai Chinese Restaurant offers excellent quality, and only fresh produce in all its delicious dishes from Shanghai. These regional dishes are not found in other Chinese restaurants. Your hosts Wen and Ying, along with their friendly staff give a fast and efficient service, which includes take-away. They will

even prepare your favourite special Chinese dish! Just give them time to make it. However, you might like to try their Sizzling Prawns with ginger and onion or maybe Canton Spicy Duck, or how about their sweet Thailand Fried Rice. They are easy to find, on the Alancil road going to Vale do Lobo - look out for the fishpond in the front.

Dolce Vita Restaurant Pizzeria is located in the centre of Lagos opposite the Cultural Centre, between two streets - with two different entrances! The decor inside is black and white, which gives a fresh clean look. Your host, António suggests you book a table so as not to miss his Stuffed Salmon with Seafood or Leg of Lamb served with a Red Wine and Rosemary Sauce, as well as traditional Italian dishes such as pizzas and pastas, and a variety of salads. There is a bar and a wide selection of wines on offer. All this at excellent value and staff who are friendly, smart and helpful! The atmosphere is relaxed and in summer you can enjoy eating outside on their rustic terrace amongst the shrubs and flowers, or at the front of the restaurant on the pavement watching the world go by.

Restaurante A Ponte is a newly-opened restaurant in the traditional Algarvian village of Alte, where residents and visitors

alike are invited to enjoy relaxed dining in unspoiled surroundings. They offer a very varied menu, including vegetarian dishes, snacks and a children's menu. You can also choose from a selection of freshly caught fish and an evening 'A La Carte' menu. The non-smoking dining room is air conditioned and has a family atmosphere to complement the children's play area. During the long summer months you can dine under the stars on their large terrace. Reservations are advised.

The **Karahi Indian Restaurant** is tucked away in the small village of Vale Rabelho near Galé, which can be found by following the signs off the EN 125 at Guia. Your host Carlos Simão will be delighted to make the journey well worth while. Specializing in Tandoori, Karahi and Balti dishes they also offer to adapt a recipe to suit your individual requirements and have a wine list which includes not only a selection of Portugal's finest wines, but also from many other countries around the world. Dishes can even be home delivered. The restaurant is smart, airy and comfortable, with a small bar. Outside there is a terrace on which you can enjoy your meal during the warmer evenings and reservations are recommended.

Restaurant guide

ALMANCIL

Bistro des Z'Artes

International Menu

Open: 12.00 - 15.00 & from 7pm.

Closed Mondays

Rua Calvario, 69,

Almancil

Tel: 289 395 114 / 967

785 601

Shanghai Restaurant

Delicious dishes from Shanghai, China

Open: Daily 12.00-15.30

& 18.00-23.30

Rua do Comércio, 94 R/c,

Almancil

Tel: 289 397 642

A Floresta

Portuguese & International cuisine

Open: Mon-Fri 12-15.00

Mon-Sat 18.30-22.30

Est. de Vale do Lobo,

Almancil

Tel: 289 394 331

ARMAÇÃO DE PÊRA

O Major

Biggest 'Surf & Turf' Platter

King of Fried Cuttlefish

Open: Mon - Sat 10h00 to 23h00.

Next to Fruit & Veg. Market in Armção de Pêra

Tel: 919 223 969

ALVOR

Humphreys Restaurant

Steaks & International Dishes. Vegetarian Menu

Open: 6pm. to late

Closed Mondays

Rua D. Sancho, 14, Alvor.

Tel: 934 206 102

ESTOI

Quinta dos Poetas

Portuguese Gourmet

Open: Tues - Sun for Lunch & Dinner

Apartado 1126, Nr. Estoi

Tel: 289 990 990

LAGOA/SILVES

Mister Grilo

National, International & Vegetarian dishes

Open: 17.00-midnight

Rua António Joaquim Cabrita,

Nº7, Porches, Lagoa

Tel: 282 381 176 / 918 365 426

O Cantinho dos Italianos

Pasta dishes

Open: 12.00 - 15.00 and

18.00 - 23.00

Largo 25 de Abril, No 1,

Pêra

Tel: 914 844 269

Porches Velho

Portuguese Cuisine with

Fado every Friday night

Rua da Praça 8400-477

Porches

Tel: 282 381 692

Mob: 919 255 992

LAGOS/LUZ

Florestal Restaurante

Cosmopolitan menu

Open: Tues-Sat. 12.00-

2.30pm & 7.00-10.00pm

Sun. Special Brunch 12-

3pm

Barão de S. João, Nr. Luz

Tel: 282 687 204

Dolce Vita

Pizzeria and International

Menu

Open: 12.00 - 15.00 &

18.00 - 22.30

Rua Soeiro da Costa & Rua

Lançarote de Freitas, La-

gos

Tel: 282 768 466

O Beiral

International & Vegetarian

menu - Italian specialities

Open: Tue - Sun 11.00 -

15.00 & 18.00 - 24.00

Closed: Mondays

Rua Dr. Guerreiro Tello,

Barão de São João, Luz

Tel: 282 688 004 / 912 299

672

O Mandarin

Chinese & Asian dishes

Open: 19.00 - 23.30

Caliças, Albadeira, Lagos

Tel: 282 762 401 / 282 760

424

Vila Palmeira

Gourmet restaurant

Open: Restaurant - 19h to 24h

Bistro & Bar - 11h to 24h

(Both closed Mondays)

Meia Praia, Lagos

Tel: 282 770 902

Don Toro Steakhouse

Steaks, gourmet burgers,

fish grills & vegetarian

Open: Daily 12.00-15.00

& 18.00-23.00

Rua Lançarote de Freitas,

12, Lagos. (Opposite the

Cultural Centre)

Tel: 282 767 234

Meu Limão Tapas & Wine Bar

Portuguese & International

Tapas + full menu

Open: Daily 10.00 - 2.00am

Rua Silva Lopes, 40/42

(In front of the Golden

Chapel), Lagos.

Tel: 282 767 946

www.meulimao.com

No Patio

International Restaurant

Open: Thurs-Sat. 18.30 -

21.30. Sun. 13.00-15.30

Rua Lançarote de Freitas,

46, Lagos

Tel: 282 763 777

LOULÉ

Restaurante A Ponte

Extensive menu, including

Vegetarian Dishes

Open: Daily

Alte

Tel: 289 478 086 / 964 191

625

OLHÃO

Restaurante O Monte

Steak House

Open: Tues-Sun from 7pm

and for Sunday Lunch

Sítio de Peares,

Farrobeiras de Canelas

EN125 Olhão

Tel: 289 704 416

PRAIADARROCHA

Estrela do Mar Pastelaria

Salads, Cornish Pasties,

Pork Pies, Sandwiches,

Clotted Cream Teas

Open: Daily 8am - 8pm

Estrada da Rocha

Praia da Rocha, Portimão

Tel: 932 896 385

PORTIMÃO

Restaurante Kottomisie

European cuisine with a

touch of South America

Open: Daily except

Wednesdays

Clube do Vau, Vau,

Portimão

Tel: 282 401 334

TAVIRA

Pousadas de Portugal

Algarve Cuisine

Tel: 281 329 040

www.pousadas.pt

Restaurante O Monte

International Cuisine

Open: Tues-Sun from 7pm

and for Sunday Lunch

Cabanas de Tavira

Tel: 964 432 465

S. BRÁS DE ALPORTEL

Pousadas de Portugal

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Tel: 281 329 040

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Open: Daily 17.00 - 22.00

Closed Thursdays

Rua Infante D. Henrique,

Sagres.

Tel: 282 620 280

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Pousadas de Portugal

Algarve Cuisine

Tel: 281 329 040

www.pousadas.pt

Chinese Restaurant

Delicious Dishes from Shanghai

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Under new management

Original authentic dishes lovingly prepared by experienced Shanghai Chef.



Try our Hot Iron Plate, sizzling duck with ginger and Vietnam fried rice

Rua do Comercio 94, Almancil
289 397 642
Open from 12pm to 11pm

RESTAURANT D PIZZERIA



Pizzas

Pastas

Salads

Fish

Meat

Located on Rua Soeiro da Costa 51 and Rua Lançarote de Freitas opposite Cultural centre Lagos - Tel 282 768 466

Premier FX, Currency Exchange Specialists



In this rapidly-changing world, the advent and establishment of the Internet has been, possibly, the most fundamental development in recent times. It has opened up opportunities for individuals to access up-to-the-minute information on many varied and interesting subjects.

Amongst these is the ability to find out the price of many currencies 24 hours a day.

The world's foreign exchange market is undoubtedly the most efficient market in the world with billions of pounds, euros, dollars and many other currencies traded daily. Until recently, the only option available to someone wishing to purchase currency was through a bank.

Now there are many more options available to individuals and businesses with regard to currency exchange.

Premier FX know their customers are far better informed of developments in financial markets and exchange rates. This means transparency is increasingly important.

The company operates in a highly competitive market, but pride themselves on the fact that

they will offer the best exchange rate. This can be done because unlike banks with large overheads and branch networks, or other currency brokers that are based in the UK and rely on sales people in Portugal, Premier FX's decisions are made here.



For customers this means the closest exchange rate to the market price possible.

Premier FX fully understands the currency markets; the directors have in excess of 40 years experience as currency traders.

The company feels that developing lasting relationships with clients, taking time to as-

sess their needs and tailoring solutions that serve their individual requirements, will be the key to future success.

The main aim is to provide an unparalleled service to expatriates, businesses with currency requirements and prospective or existing property owners in Portugal. Premier FX was established to offer a tailor-made service. All client accounts are held at Barclays Bank in London and are regulated by UK Customs and Excise.

Opening an account is obligation free and there is no minimum amount you can transfer free of charge.

Why not give Premier FX a call or visit their offices in Almancil to experience the Premier FX service for yourself.

For more information, see website: www.premfx.com, or call: (+351) 289 358 511.

Oz Shades raise their sails to new heights



When they first established the company five years ago, Catherine and Jonathon Wickham, owners of Oz Shades could hardly have dared to dream of the success their product is presently enjoying. High-profile nation wide projects have placed Oz Shades in a league of their own, and much more promises to follow.

As the first company of its kind in Europe, the youthful couple were delighted when they secured their first major job nearly three years into the company's existence for Lagos City Hall's fish market. But compared to what they are currently undertaking, that was child's play.

A major vote of confidence came from the exclusive, five-star Vale D'Oliveiras resort in Carvoeiro, which is now adorned with stylish shade sails around its main entrance and outdoor bar and pool area. Yet to fully open, Vale D'Oliveiras management approached Oz Shades nearly two years ago with the idea of using their tailored sails, which complement the elegant resort's architecture as well as perform a function.

Vale D'Oliveiras was followed by two other major projects; one for the beautiful city of Arraiolos, whose main shopping street will soon be completely covered with Shade sails, the other for the Centro Cultural de Belém, in Lisbon, which is quite a scoop taking into consideration the importance

and prominence of the building.

Praia da Luz's 'Fortaleza' esplanade has also benefited from the cooling sails, as well as Faro's post depot, which proudly boasts the largest single sail the company has ever manufactured.

A number of other exciting projects are also on the horizon for the youthful company, who introduced Europe to Shade Sails when Australian-born Catherine saw a niche for such a product in the European market.

Shade sails are commonplace in harnative Australia, and, if she has her way, soon "the whole of Europe will be covered with Oz Shade Sails".

If the company's past success and present demand is anything to go by, that might not take long to happen!

With over 300 private homes now adorned with the attractive, sculptural sails, it is only a matter of time before the company branches out further afield. New manager Loes Van Deuzen has accompanied Oz Shade's success from the very beginning, when she

joined the team four and a half years ago as a helping hand, putting sewing machines together.

A successful UK franchise promises to 'spread shade' even further around Europe, though "there we may have to market them more as all-round weather protectors rather than just protection from the sun", laughs Catherine. In fact, Oz Shade Sails are not just shade-makers; they are UV resistant and actually reduce the temperature beneath the fabric. Windproof and watertight, they effortlessly weather all seasons, without becoming slack or faded. Now available in 33 beautiful colours, the latest of which is the very popular Claret, Oz Shade's sails can be fixed anywhere and for any purpose; they

Summer courses at the Centro de Línguas



If you would like to make the most of what Summer has to offer, or use free time to perfect your language skills, then the Centro de Línguas in Lagos is the place to look. With three new Portuguese courses to be launched this summer, speaking Portuguese has never been easier!

The first of the three courses is a 'Summer Portuguese Intensive Course'. Comprising a total of 30 lessons, they will be held from Monday 30th July to Friday 10th August, with three lessons each morning for 10 days, from 10h10-13.00h, each lesson lasting 50 minutes.

Coffee or tea will be served at intervals. A minimum of four or a maximum of eight students will comprise each lesson.

Costs include a €15 enrolment fee, a course fee of €234, plus a coursebook (€21) and a workbook (€10.50).

The main emphasis will cover conversational skills, with the aim to get students speaking Portuguese as quickly as possible.

Course Two is a 'Conversation course for tourists'.

This course is aimed at tourists to help them in shops and restaurants, to learn useful phrases, such as greetings, days of the week and numbers.

It is also an ideal course for those who may be regular visitors or part-time residents in the Algarve.

A fun introduction to Portuguese, two lessons of 50 minutes will be held on one day, with coffee, tea and cakes served during the interval.

The cost is €45 per student or 1 small group of up to 4 students, ideal for couples, friends, families.

Summer 'Evening Courses' are the Centro de Línguas' third introduction.

An increasing number of students opt to learn Portuguese in the evenings (after 18.00h) as

during the day they hold down full-time jobs and can only come after work hours. Evening Courses comprise private lessons, with an enrolment fee of €15.

One lesson is €25.50 for one student, though a special rate is available for two students studying together.

There are also discounts for students who have sets of 20 lessons (€490 for one or two students) and sets of 30 lessons (€720 for one or two students).

Coursebook: €21, workbook: €10.50.

For more information on these or any other courses available at the Centro de Línguas contact Ana or Maureen on telephone: (+351) 282 761 070, or email: centrodelinguas@mail.telepac.pt.

Any day can be special with 'Special Occasions'



Located in Alvor is Special Occasions, a bijou shop packed with 'the perfect gift' for every special celebration imaginable; birthdays, anniversaries, weddings, baptisms, landmark events (i.e. new home, passing driver's test, etc...), whatever you require to make the moment memorable, you will find at Special Occasions.

Special Occasions opened in March this year, the brainchild of Val Towerton, who tired of the stress of trying to find an appropriate gift or English card when-

ever a birthday occurred.

When the opportunity to take over the premises arose, Val saw the perfect opportunity to fill it with beautiful gift items imported from the UK - and Special Occasions became the ultimate gift shop.

Not only can you pop in to find a card or a small gift, Special Occasions can also be consulted to cater for an event, recently having undertaken the complete catering and decorating for a 21st birthday party. Weddings, children's parties complete with entertainment and finger food, and anniversary parties can also be catered for.

Party invitations, wedding confetti, fancy dress outfits, thank you notes, fluffy toys, wrapping paper, gift bags and even paper cups and plate sets can be found in the colourful shop.

Event accessories like streamers and balloons (including helium balloons, filled and delivered on request), and made-to-order cakes are also available.

For more information, contact Val Towerton on: (+351) 967 225 357, or visit the shop in Alvor, next to the Phoenix bar/café, down from the municipal grocery market, open from 10h00-14h00 and 18h00-22h00.



Trading Places is a commercial feature focusing on the services of advertisers.
Call 707 500 611 for information on how to be included.



The sails look fantastic in Vale D'Oliveiras.



The Oz-Shade covered main street in Arraiolos.

PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The *Portugal News* • 23 Jun 2007

PROPERTY OF THE WEEK

Vilamoura Golf and modern magnificence



Located in a private condominium and completely surrounded by Vilamoura's premium Millennium golf course, this executive, six bedrooms, detached townhouse boasts splendid modern architecture, based on simplicity, space and light.

Situated just a few minutes drive from the heart of the cosmopolitan town and its famous Marina, the property is conveniently located for all city amenities and attractions, with the peace and tranquillity of a country home.

It further benefits from the extra security and neighbourly feel that a private condominium offers.

A glass-sided bridge extends from the property's gate to the front door, an unusual feature that sets the tone for the architectural design throughout.

Inside, the décor is equally stunning, complementary to the contemporary style, with contrasting

dark wood finishes, streamlined furniture, and ceramic floor tiles.

The property is remarkably bright and airy, all rooms being of spacious proportions and the outdoor areas, terraces and verandas, being unusually oversized.

Right of the hall is the kitchen.

Fully equipped with top-of-the-range appliances and integrated storage cupboards, the kitchen also has a modern granite floor and worktops, an enclosed patio, extending the space that can be used, and a door to the gardens

that surround the property.

Left of the hall is a fitted storage cupboard, followed by a modern and spacious guest WC.

Straight ahead from the hall we enter a large, open-plan dining area and lounge complete with an open, brick fireplace.



An interesting feature is the floor-to-ceiling sliding windows that fully front the lounge area. The dining area is also fronted with patio doors, all of which give access onto a wide, covered terrace that borders the house. Here, there is plentiful space for outdoor living furniture. There is an inbuilt barbecue station, and the views of the gardens and neighbouring golf course are stunning.

As the property is south facing, picturesque sunsets can also be enjoyed.

From the ground floor and up a



This week's property is an architecturally modern, detached four-storey townhouse located on the corner plot of a luxury, private condominium.

wide wooden staircase we come to the first floor, where we have three bedrooms. Two are twin with fitted wardrobes sharing a spacious fashionable family bathroom, the other bedroom is a large double ensuite, also having fitted wardrobes, a full wall of floor-to-ceiling windows, and shares a large terrace with one of the twin rooms.

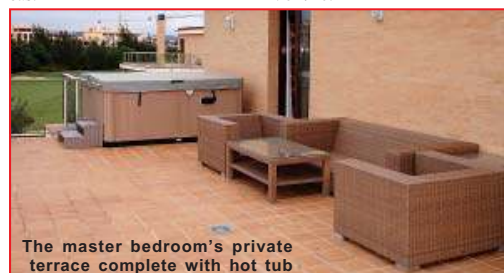
The top floor of the property is occupied exclusively by the master-suite, a king-size bedroom with a large en-suite bathroom, a full wall of fitted wardrobes, and an extensive private terrace boasting its own jacuzzi and beautiful sea views. Sheer indulgence!

From the ground floor and down the flight of stairs to the basement there are another two bedrooms, one equipped with beds, the other presently remains empty and can be easily adapted to a useful home office, study or Gym.

The basement further comprises a bathroom, a storage closet, and has an adjacent double car garage.

As this property is a detached corner-house and an end unit, the communal garden around the house becomes very private. Future owners of this striking property will also benefit from the use of a large swimming pool and play areas.

This magnificent villa is sold fully furnished, with all fixtures and fittings, as new. A must see property. The price is €995,000.00. For more information or to book a viewing, contact Paulo at Kasas & Kasas - Algarve Property Central on: (+351) 919 521 737, e-mail: paulo@algarveproperty.com, or see website: www.algarveproperty.com, Ref. V61710.



The master bedroom's private terrace complete with hot tub



The stylishly decorated dining area and lounge (both above).



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VALE DO LOBO

Ref. T71855

Inside the Vale do Lobo Resort. Prime location, either near tennis, the Praça, the beach or the golf. Near all amenities (bars, restaurants, shops, supermarket,...). Private security. Medical centre. Plots sizes vary from 575 sq.m. to 4.500 sq.m. Investment opportunity.

Prices from: € 618.000



ALMANCIL - QUINTA LAGO

Ref. EA71846

Unique village-style complex dedicated to over 55s. Prime location. Excl. secure, gated community offers several leisure facilities & health centre on site. Apartments & villas w/ top finishes. Fitted kitchens. A/c. Underfloor heating. Demotic intelligent home syst. Internet and Sky TV.

Prices from: € 247.000



VILAMOURA

Ref. A71849

Two bedroom apartment. Very quiet area between the Pinhal and the Old Course. 3 min. drive to Marina. Near all amenities (supermarket, bar, restaurant,...). Terrace directly facing the garden and the pool. Furnished and equipped. Refurbished. Excellent investment. Easy letting.

Price: € 145.000



VILAMOURA

Ref. A71780

Very exclusive 1 bedroom apartment, 120 sq.m. Very quiet area between the Pinhal and the Old Course. Furnished and equipped. Top finishes. A/c. Electric shutters. Large balcony directly facing the huge landscaped green areas and pool. Private parking and storage. Sky TV. Excellent investment.

Price: € 255.000



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Fax: 281 951 438
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Tel: 281 370 277
Fax: 281 370 761
belosantospedras@hotmail.com
www.estealgarve.com

Neighbourhood Castro Marim
3 bedroom villa (air conditioning) with garage, on a plot of 655 m2 of lovely garden, situated within an attractive urbanization, 3 kms from Castro Marim, golf course and long, sandy beach of Praia Verde.
REF: EA 001 VCM
Price: € 325,000

Neighbourhood Tavira
Charming 2 bedroom villa built in 1992 in typical algarvean style w/central heating, garage & swimming pool w/ lovely sea & countryside views in peaceful countryside surroundings, 9 kms from Tavira, Benamor golf-course & Cabanas beach.
REF: EA 002 VNTAV
Price: € 298,000

Cabanas
Pretty 3 bedroom terraced house built in 1997 to very good standard, in charming urbanization w/ access to sw. pool, restaurant & bar. Walking distance to Cabanas / beach, bars, restaurants, 1 km to Benamor golf-course, 4 kms to Tavira.
REF: EA003 THC - Price: €285,000

Neighbourhood Tavira
Attractive comfortable 3 bedroom apartment (118.25 m2) built in 2006, w/ spacious roof terrace (108 m2). Lovely views. Prepared for A/c, on top (3rd) floor w/ lift, double garage, in new residential area, 5 mins drive from Tavira, golf-course & Cabanas.
REF: EA004 ANTAV - Price: €185,000

Neighbourhood S. Brás Alportel
2 bedroom, semi-detached villa w/ lovely views, A/c in bedrooms, surrounded by 124 m2 pretty garden w/ various terrace areas, private parking space in peaceful urb. 5 mins drive to S. Brás de Alportel & 20 mins from various beaches & Tavira.
REF: 005 VNSB - Price: €261,000

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Olhos de Água
2 Bedroom apartments under construction due for completion spring 2008 located in beach resort Olhos de Água, only 15 mins drive to Vilamoura's exclusive Golf courses. These beautiful apartments, some w/ panoramic sea views are only a few mins walk down to beach & restaurants.
Prices from: €250,000 / €172,000 (Based on Ex Rate 1.45)

Vilamoura
Beautiful 6 Bedroom / 5 Bathroom large detached Villa with swimming pool in a plot of over 2000m2. House includes a bar and games room area with 2nd TV/lounge room.
Price: € 1,450,000

Vilamoura
4/5 Bedroom detached villa with landscaped gardens, private BBQ courtyard, sun terrace and swimming pool. Located in a quiet residential area, this villa offers the perfect holiday home or permanent residence.
Price: €695,000 / £479,000

Vilamoura
Luxury 4 bedroom / 4 bathroom detached villa in a beautiful setting. Offers full hot & cold air-conditioning, wood burning fireplace, open plan modern kitchen, 2 x lounge / sitting rooms & is situated on a large plot of over 1800m2.
Must Be Seen
Price: € 1,150,000 / £ 793,000

Vilamoura
Beautiful ground floor 2 bedroom / 2 bathroom "Fully Furnished" apartment with front-line golf views. Wood-burning fireplace, radiator heating and air-conditioning. This apartment is perfect for holiday rental income or holiday home.
Price: € 295,000 / £ 203,000

VILAGENTE
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Algarve - Portugal
Tel: 289 314 486
Fax: 289 315 578
vilagente@mail.telepac.pt
www.vendavilla.com

Vilamoura
Studio apartment situated near the Marina composed of small bedroom, bathroom, lounge, kitchen and terrace. Construction area - 50 square metres.
Ref: A1182 Price: € 122,000

Vilamoura
Beautiful apartment composed of 2 bedrooms, 2 bathrooms, lounge with fireplace, equipped kitchen, storage and 2 terraces. Storage and parking space in the basement. Communal swimming pool and garden area. Construction area - 91 square metres.
Ref: A1185 Price: € 213,000

Vilamoura
Grouped villa composed of 2 bedrooms, 3 bathrooms, lounge and dining area, kitchen, storage area and terraces. Construction area: 140 square metres.
Ref: V12491 Price: € 215,000

Vilamoura
Spacious semi detached villa composed of 3 bedrooms, 2 bathrooms, lounge w/ fireplace, dining room, kitchen, storage and terraces. Communal swimming pool and garden area. Equipped. Construction area: 145 square metres.
Ref: V12443 Price: € 350,000

Vale D'Éguas
Villa with sea and country views, comprising 5 bedrooms, 7 bathrooms, 2 lounges with fireplace, dining room. 2 kitchens with storages, laundry and basement. Swimming pool and garden. Garage. Furnished and equipped.
Ref: V12360 Price: €2.750.000

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• Large pool
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Ref. V909
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Pinheiros de Marim (Olhão)

New house situated in a calm urbanization. Composed of R/C with hall, common room with fireplace, bathroom, kitchen, BBQ and garage; and in 1st floor: 3 bedrooms, bathroom and storeroom.

Ref: 1698 Price: € 239.000



Fusetta (Olhão)

Apartment in a calm building. Excellent conditions: elevator and sight for the sea and saws. Composed for living room with balcony, 2 bedrooms, store-room and kitchen.

Ref: 1686 Price: € 135.000



Biais do Sul (Olhão)

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Ref: 1688 Price: € 1.200.000



Fusetta (Olhão)

New house situated in a calm zone. Ground floor: large kitchen, living room with fireplace and AC, bathroom and spacious garage. 1st floor: 3 bedrooms, bathroom, terrace with Sight Sea. 2nd floor: office and terrace with Sight Sea and mountain range.

Ref: 1687 Price: € 270.000



Desbarato (S.Brás Alportel)

Old country cottage possible to renovate with nice country views; the house has approximately 140m² and 900 m² land. The land offers Mediterranean trees and plants. Electricity and water are at the estate.

Ref: 1679 Price: € 160.000



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Carveiro

Townhouse in quiet area, close to village centre & Centianes beach. Spacious 2 bedrooms w/ own balcony, 2 bathrooms, lounge/dining room, equipped kitchen, storage area, roof terrace. Space for 3rd bedroom. Covered carport. Communal swimming pool.

Ref: A-207 Price: € 235.000



Pestana Golf & Resort

Luxurious townhouse in peaceful location. 2 bedrooms, 2 bathrooms (1 en suite), lounge/dining room, equipped kitchen. Communal sw.pool. 24-hour security. Central heating. Sat-TV. Close to beaches & Carveiro centre. Golfing rights. Furnished.

Ref: V-327 Price: € 299.000



Carveiro

Villa on a small plot, good location with easy access to the village. 3 bedrooms, 2 bathrooms, equipped kitchen, lounge, dining area, garage. Space for swimming pool with permission to build. Realistic price.

Ref: V-345 Price: € 365.000



Carveiro

Spacious luxury villa close to the village centre. Excellent rental return. Easy to maintain, low running cost. Tastefully furnished. 3 bedrooms, 3 bathrooms, lounge/dining room, spacious kitchen, swimming pool. BBQ area.

Ref: V-344 Price: € 405.000



Porches

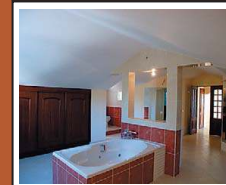
Rustic villa in secluded location set in plot of 25,000m². 4 bedrooms, 5 bathrooms, lounge/dining room, equipped kitchen, garage, swimming pool. Large variety of trees. Bore hole, cistern, 3 apart. 600ltr solar heated.

Ref: V-330 Price: € 1,090.000

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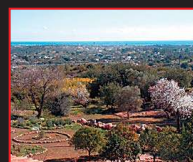
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also with satellite TV, several other bedrooms, a library, sewing room, laundry room, study, workshop, garden room, store-room etc. In total nearly 600 square metres of covered area. The office suite is air conditioned and fully wired with separate telephone, fax and ADSL broadband all networked to the adjoining office reception area. The holiday cottage offers a lounge/diner/kitchen and a double bedroom with en suite shower and toilet, a sun terrace and pool located outside the cottage door. The garden contains numerous fruit trees including oranges, lemons, grapefruit, apricots, figs, olives, almonds and carobs with an irrigation system covering most of the grounds.

This is a very comfortable property ready to move into, but still with enough scope left to put your own mark on it and all for only €895,000. For a more detailed colour brochure or to arrange to view please contact either Trevor on 917 010189 or Frances on 916 859898



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VILAMOURA "MARINA PLAZA"

Ref: A71776
Two bedroom duplex apartment inside prestigious Marina of Vilamoura. Constructed area 120 sq.m. Fully furnished and equipped. One extra bedroom on ground floor. Fantastic marina and sea view. Private parking place. Excellent letting potential.

Price: € 299.000



VILAMOURA

Ref: V71832
Centrally located in quiet area near Pinhal & Old Course Golf Courses, charming 3 bedroom villa. Marina & beach in walking distance. 740 sq.m plot w/ 300sq.m. constructed area. Furnished & equipped. Living w/ fireplace. Basement w/ games room. Large garden w/ terrace & sw. pool.

Price: € 775.000



VILAMOURA "PINHAL"

Ref: A61635
Two bedroom apart. 117 sq.m. near Pinhal Golf, in closed condominium w/ pool, garden and reception area, 20 min. walking to Marina. Top quality finishes. Private parking and storage. Excellent letting potential.

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VILA SOL

Ref: V71804
Luxurious 4 bedroom (2 en suite) Villa inside prestigious Vila Sol Golf Resort on 1147 m² plot. Constructed area 267 m². Top quality finishes. Fully equipped kitchen. Underfloor heating, surround sound sys. Alarm, A/C. Basement w/ games room. South facing garden w/ pool & BBQ.

Price: € 1.100.000



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Ref.: 120561054-62
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Ref.: 120561056-2
Canais-Ferreiras, Albufeira. Country house plus apartment. 4 bedrooms, 4 bathrooms, pool, BBQ, garage, excellently situated. Sizes 792m² - 238m².



Ref.: 120561056-21
Montochoro - Albufeira. Perfectly situated 1 bedroom apartment (condominium) with pool and generous garden, 68m².



Ref.: 120561056-7
Algoz - Silves. Attached corner-house, 2 bedrooms, 2 bathrooms, living room with fireplace, fully equip. kitchen, storage, garden and terrace - 100m².

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Silves, Algarve
Charming country home near Silves' Arade dam with spacious living/diningr., 2 bedr., 2 bathr., pool, c/heating, SAT TV etc. Excellently valued for amount of land & quality of lifestyle offered. Sizes: 8,760 m² & 130 m². Ref.: 1001-305



Monte Judeu, Algarve
Excellent family home next to Penina Golf Course. 3 bedr., 2 bathr., large living/diningr., office, lounge, pool, (partly) c/heating, double glazing, bore hole, landscaped mature gardens, garage. SIZES: 5,000 m² and 192,29 m². Ref.: 1001-344



Loulé, Algarve
Restored country house in secluded location North of Loulé, with 3 bedr., office, living room (f/ place), equip. kitchen, pool, c/heating, air-cond., double glazing, SAT TV, etc. Sizes: 3,760 m² & 250 m². Ref.: 1001-309



Ferragudo, Algarve
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Villa do Lobo - Vale do Lobo - Algarve - Portugal

Ref.: mpm - 3426



This villa has 3 bedrooms as well as study, which can serve as an extra 4th bedroom if required. There is also a substantial basement, which again can be used as an extra bedroom, with an additional games area and bathroom. This villa has been designed with a very attractive water feature between the driveway and villa itself.

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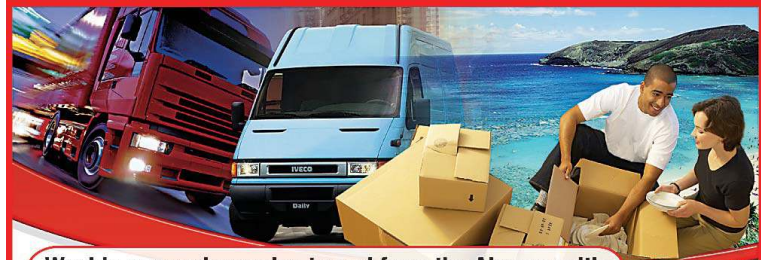


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The sky's the limit for roof gardens



It's a sign of the times that roof gardens made their debut at this year's Chelsea Flower Show, as increasingly people are searching for much needed green space in urban areas.

If you live in the city and think you may have a sustainable roof space, there are three Ws to consider, says Andrew Duff, director of the garden design faculty at the Inghald School of Design in London.

"The first 'W' is weight. Make sure you can walk on the roof. You may not be able to put heavy pots on it, so before you can consider a roof garden you should consult a structural engineer, or if you are in the process of buying the property you can involve that in the survey.

"If you are in a flat, find out whether you actually own the roof where you want to put the garden. It may be owned by the residents of the flat below."

If you can't put much weight on the roof, sedum matting is a good way to green it up, he says. It's evergreen, stores water in the leaves and is succulent, and should only need watering during drought. Most of the time it will absorb enough water from

the atmosphere and rainfall to survive.

There's no need to add fertiliser or extra topsoil because these plants are conditioned to live in poor soils.

The second 'W' is water, as any roof is exposed to the elements. "You need to think about a water system because the roof is so exposed and water will just evaporate," says Duff. "Think about how you can recycle water off the roof and consider what plants will survive in dry conditions. Ornamental grasses such as *Stipa arundinacea* (pheasant's tail grass) do well."

The third 'W' is wind.

"Wind is a huge issue on roofs," says Duff. "You need to source plants which will grow in really exposed sites. Small varieties of pampas grass are ideal. Think about planting a windbreak, something which is flexible and doesn't mind getting battered by the wind. But again you need to plan ahead for

weight of growth. Is a fully-grown plant going to be too heavy for the roof?"

If you can put pots on your roof, choose plants which will withstand a lot of exposure, such as those which grow well on the coast. Look for those with small, tough, leathery leaves or grey foliage.

Ideally place heavy containers near load-bearing walls, or over a load-bearing beam or joist. As containers will dry out rapidly in the excess heat and wind, attempt to provide quite a deep container.

If using small containers use those made of non-porous materials such as plastic, metal or fibreglass to reduce potential moisture loss. The container should also be lightweight, and drainage should be optimum.

Peat-based or peat substitute composts are more lightweight than loam-based materials, and can be lightened further still if required by adding material



'The Rhus Garden' Copyright Simon Roulstone

such as perlite. Bear in mind however that adding additional drainage materials will increase many plants' water demands.

Large plants should be well anchored to stop them from blowing over.

Duff adds: "A roof is there to

guide the water away from the building. Don't block the path of the water."

Hannah Stephenson

Three ways to...

Brighten up a shady spot

1. Paint your walls white to reflect light, even if it receives no direct sun at all.
2. Use white or bright-coloured pots to brighten a shady patio. Glazed terracotta is easy to keep clean.
3. If a tree is shading the spot, lift the canopy of the tree by cutting out some lower branches to allow light through. Removing lower branches may allow any underplanted perennials to receive enough light to flower.

www.the-news.net

Three ways to...

Boost alternative lawns

1. If you are growing a thyme lawn, choose species such as *Thymus serpyllum* and *T. polytrichus*, rather than varieties which are upright in growth and whose stems are more brittle and vulnerable to damage when walked on.
2. Don't use weedkiller on chamomile or thyme lawns. Weeds should be pulled out by hand.
3. If you don't intend to walk on your alternative lawn you have more choice of plants that naturally form cushions, such as ajuga, armeria, aubrieta, calluna, helianthemum, lithospermum, saxifraga and dianthus.



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The apartment has its own private front entrance door, a separate hallway, cloakroom, lounge/dining room and fully fitted and equipped kitchen, both of which lead onto a south-facing balcony with sea views. The master bedroom has fitted wardrobes and a full bathroom ensuite. Upstairs there are a further 2 bedrooms with fitted wardrobes, which also share another south-facing balcony with views of the ocean, and a second full bathroom. There are 2 storage rooms, 2 parking spaces in the private underground garage, one of which is enclosed, electric central heating and pre installed for air conditioning and central vacuuming. Electric shutters. SKY television and broadband connection.

The property benefits from use of a communal roof terrace with panoramic views over Alvor, across to Lagos, and the Monchique mountains. Close to several golf courses - Penina, Alto, Morgado, Álamos and Palmares - the cosmopolitan city of Portimão, and 45mins. from Faro airport.

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Simply the breast

No matter what shape or size you are every woman has questions about her breasts from finding the perfect bra for her shape, to knowing what's normal, and even figuring out how to use 'tit

tape' properly. We talk to the experts about all you ever wanted to know about your bust.

In fact, a major survey of 5,000 British women recently found that a staggering 90% were de-

pressed by the appearance of their body and admitted to having serious self-esteem issues.

But whether you think that your breasts are big enough to sink a ship or as flat and shapeless as pancakes, the real secret to being happy with your body is to stop measuring yourself against unattainable images of women in the media.

"Stop comparing yourself with others, and in particular with those gorgeous, perfect, airbrushed girls in glossy magazines," says life coach Linda Field, author of *Fast Track To Happiness*.

"Love your body and what it does for you and appreciate your unique features - and if you're feeling depressed about your looks at the moment just get over yourself!" she laughs.

"You will never be happy if you are constantly obsessing about your appearance - remember what matters most in life and get a grip on what is really important."

"It might help you to remember that it is unlikely that anyone is judging you because they are far too busy worrying about themselves!"

Making The Best Of Your Breasts Try Before You Buy

"Choosing and wearing the right-sized bra is important to support your breasts properly as you develop, go through changes such as childbirth, and as you get older," says Antonia Dean, a clinical nurse specialist at Breast Cancer Care.

"A poorly-fitted bra can cause shoulder, neck and back tension, as well as uncomfortable bulges around your breasts and upper arms, so it may be worthwhile visiting a lingerie department and asking for a trained fitter to help you select the most comfortable fitting bra for you."

What to look out for when trying on a bra

Bras rarely last longer than a few months' wear, especially if you wash them regularly in a washing machine, although hand-washing can prolong their lifespan and help to keep the shape and colour too, Dean says.

"Be prepared to replace your bras several times a year and al-

ways re-measure after having a baby, losing or gaining weight, and following the menopause - this way you can be sure your breasts will always be properly supported."

Shoulder straps: "Straps should fit closely to the body without cutting in, and lift the breasts so that they sit on the chest wall, and stay in place when you raise your arms above your head," Dean says.

Cups: Dean says that cups should be filled by the breast without any areas of loose fabric, or any breast bulging out of the side or top, and also be high at the sides to cover the breast.

Wires and bands: "Wires should fit flat on the breast bone and support the underneath and side of the breast without digging in or gaping," Dean advises.

"And front and back bands should lie close to the body and be the same level at the front and back."

Be breast aware

You can help yourself by checking your breasts on a regular basis, and looking out for the following changes: a lump or thickening that is different to the rest of the breast tissue; continuous pain in one part of the breast or armpit; one breast becomes larger or lower; a nipple becomes inverted or changes shape or position; skin changes including puckering or dimpling; swelling under the armpit or around the collarbone; a rash on or around the nipple; and discharge from one or both nipples. If you do feel uncomfortable or anxious about anything, you may find it helpful to discuss your worries with a doctor or nurse, or staff at a Well Woman clinic.

[Source: www.breastcancer.org]

Best boob quotes

"Plastic surgery and breast im-

plants are fine for people who want that, if it makes them feel better about who they are. But it makes these people, actors especially, fantasy figures for a fantasy world. Acting is about being real being honest." *Kate Winslet*

"You start out happy that you have no hips or boobs. All of a sudden you get them, and it feels sloppy. Then just when you start liking them, they start drooping." *Cindy Crawford*

"The most popular image of the female despite the exigencies of the clothing trade is all boobs and buttocks, a hallucinating sequence of parabolas and bulges." *Germaine Greer*

"I'm in showbiz. I look at my boobs like they're show horses or show dogs. You've got to keep them groomed." *Dolly Parton*

"Ladies, here's a hint: if you're playing against a friend who has big boobs, bring her to the net and make her hit backhand volleys. That's the hardest shot for the well-endowed." *Billie Jean King*

Best boob facts

The Guinness Book of Records says each of French dancer and actress Lolo Ferrari's breasts weighed 2.8 kg (6lb 2oz), contained 3 litres of serum, and was size 54J.

Britain is weighed down by the biggest breasts in Europe - the average chest size of a British teenager has grown dramatically over the past 10 years and is now a whopping 36D.

Timmie Jean Lindsay, from the US, was the first woman to have silicone breast implants in 1962.

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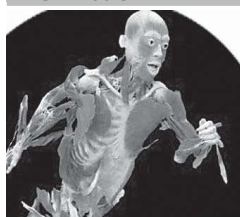


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UNTIL 30 SEPTEMBER



Bodies Exhibition 'The Human Body as you have never seen before' • For information: 707234234 or 213466255 (Monday to Friday from 10h00 to 19h00) • or email: ocorpohumano@energysplash.com • Palácio dos Condes do Restelo on Rua da Escola Politécnica, 42 - Príncipe Real • www.ocorpohumano.net

SINTRA

DAILY



Pena Palace • The Palace dates back to 1839 • Visits info: Sintra City Hall on Largo Dr. Vergílio Horta • 219238500 • geral@cm-sintra.pt

DAILY



Leal da Câmara Museum • Calçada da Rinchoa, 67, Rinchoa • Also has access through Alguei-rão Velho, Fitares and Meleças • Tel: 219164303 • Fax: 219236150

Orquestra de Sopros do Algarve



Soloist: Vasco Ramalho

Solista: Vasco Ramalho

23 de Junho > 17h00 Centro Cultural de Lagos

CONCERT BY THE
ALGARVE WIND ORCHESTRA AT
CENTRO CULTURAL DE LAGOS ON
23RD JUNE AT 17H00

**JESSICA DUNN
SEEGRUN LUBKE
TIAGO OLIVEIRA**



Exhibition at **Galeria Atlântica, Hotel Vila Sol, Vilamoura**

Until 5 July, from 19h00 to 21h00

Vila Sol is located just off the N396, between Quatro Estradas (E.N.125) and Vilamoura

**Tel: 289 300586 or 289 320320
mob : 96 2544650 (Jessica)**

FESTIVALS

Mediterranean Festival

At Loulé historical centre in the Algarve. **June 29th:** Tinariwen + Akli D + Taraf de Haidouks. **June 30th:** Yerba Buena

Buena + Vincício Capossela + L'Ham de Foc. **July 1st:** Chambao + Bajofono Tango Club. Further info TBA.



Vans Club Tour

Featuring Strike Anywhere, Devil in Me, Tara Perdida, Humble, SK6, TripleT, Fita Cola

at Vilamoura Casino on **June 29th** and Almada Incrível Club on **June 30th** from 6pm.



Super Bock Super Rock

Parque do Tejo in Lisbon on **June 28th**. Performers: Metallica + Joe Satriani + Mastodon + Stone Sour + The Blood Brothers + More Than a Thou-

sand & Men Eater. Tickets: €40 – day pass. €78 – four day pass with free camping. Doors open at 5pm. Further info on line up in our next edition.



GASTRONOMY

Festival da Caldeirada

On Saturday, 23rd and Sunday, 24th June Armação de Pêra will host the ninth Festival da Caldeirada and once again the Hotel Garbe will be participating. 'Caldeirada' is a typical Algarvian dish which consists of stewed fish and sea food with

potatoes, onions, tomatoes, pimentos, spices wine and olive oil.

A number of local restaurants, including the Hotel Garbes 'Pôr do Sol' Restaurant will participate, and as well as serving Caldeirada will also have other typical fish dishes available.

This year's event promises to be extra special, as it will coincide with the parade of St. João which will take place in the main avenue of Armação de Pêra at 10pm on 23rd June. Lunch is from 1pm to 2.30pm, €12 per person.

Dinner from 7.30pm to 9.30pm at €20 per person, which also included buffet salads and selection of desserts. To book your table or for more information call 282 320260 or e-mail: info@hotelgarbe.com.

FINE ART

25 Years In Portugal

Watercolours and oils art exhibition by Clive Cook in the 'Armazém Regimental 2' gallery in Lagos. The exhibition will last until 30th June and will be open from 11am-8pm. The work in this exhibition represents Clive's

experiences and observations during his life in Portugal over the last 25 years. The unique treatments of his subjects demonstrate a keen understanding of Portugal, its special light and people, both in the cities and the

coastal and rural environment where he lives.

Clive was born in 1955 in Chorley, Lancashire, England. He studied at Hammersmith school of art and design London and Trent Polytechnic, Nottingham. He arrived in Portugal in 1982 and lives in Figueira, Vila do Bispo, where his Private Gallery can be found.

Whilst living in Portugal the artist has exhibited in the Algarve at Hotel Belavista da Luz, Barringtons - Vale do Lobo, Parque da Floresta - Budens, Slave Market and Armazém Regimental - Lagos, Emarp - Portimão, Artina - Tavira, Le Meridien Penina - Portimão, Le Meridien - Lisbon, Le Meridien - Porto, Holiday Inn - Lisbon, Cervejaria da Trindade - Lisbon, Galeria do Edmundo Cruz - Colares, LM Galeria - Chão dos

Meninos - Sintra, Câmara Municipal de Alenquer, and Chiado D'Arte - Lisbon. Call 282 695446 or 916720981 for more information, or visit clivecookpaintings.com for examples of Clive's work.

FOR FUN

Ready, steady, go

Friends of the Museum in São Brás are holding a midsummer barbeque and dance on Saturday 23 June at 8 pm. Bill Aitken, back by popular request, will be providing lively dance music. Visitors will also have the opportunity to see the two current art exhibitions and to view the Museum grounds. 'We would like to make this a

bit party. If you haven't been to any of Friends' events, do come along and look at what we are doing,' said Cliff Newton, owner of Lua Azul and keen supporter of cultural and social activities at the Museum. Tickets are €12 (please reserve beforehand). administrator@amigos-museu-sbras.org 966 329 073/ lua azul 289 845 452 www.amigos-museu-sbras.org

COMING SOON

COMING SOON

BOX OFFICE

COMING SOON

COMING SOON

JULY
Cool Jazz Fest - July 2nd until 22nd at Oeiras Cascais and Mafra. Performances: **Gotan Project** on July 2nd at de Marquês de Pombal garden. Tickets: €30. **Mariza & Friends** on July 8th at Jardim do Cerco in Mafra with Rui Veloso, Carlos do Carmos and Tito Paris. Tickets: €20 to €40. **Buena Vista Social Club** on July 10th at Jardim do Carco in Mafra. Tickets: €20 to €35. **Nouvelle Vague** on July 15 at Casa da Pesca in Oeiras. Tickets: €25. **Norah Jones** on July 22nd at Jardins do Casino Estoril in Cascais. Tickets: €30 to €60.

Super Bock Super Rock - Parque do Tejo in Lisbon from 5pm. Performers: **July 3rd** - Bloc Party + Arcade Fire + Klaxons + The Magic Numbers + The Gift + Bunbury + The Chemical Brothers + !!! + Tiga + Junior Boys in Lisbon. Further info TBA. **Nokia Live** - July 12th The Chemical Brothers + !!! + Tiga + Junior Boys in Lisbon. Further info TBA. **Vilar de Mouros** - July 20th until 22nd in Vilar de Mouros. **CANCELLED**. **Delta Tejo** - Alto da Ajuda in Lisbon. **July 20th:** Os Mutantes + Daniela Mercury + André Sardet + Papas na Língua + Bebel Gilberto + Los Abajo. **July 21st:** Carlinhos Brown + João Gil + Luis Represas + João Pedro Pais + Mafalda Viega + Lila Downs + Olodum + DJ Marcelinho da Lua. **July 22nd:** Orishas + Sizzla + Macaco + Marcos Sacramentos + Bei Gua + Mercado Negro. Tickets: €25 to 40. **Music of the World** - July 20th until 22nd in Porto Covo. **July 20th:** Etran Finatwa + Darko Rundek + Galandum Galundaina. **July 21st:** Don Byron. **July 22nd:** Haydamaky. Further info TBA. **Music of the World** - July 25th until 28th in Sines Avenida da Praia. **July 25th:** Ok! Dub Ainu Band + Kasai All Stars + Sétima Legião from 2.30am. **July 26th:** Tattir + Carlos Bica Trio Azul + Sly + Robbie + Bitty McLean. **July 27th:** Señor Coconut + Richard Taha. **July 28th:** Gogol Bordello + Salif Keita + K'Naan. Entrance is free. **Music of the World** - July 25th until 28th in Sines Castle from 9.30pm. **July 25th:** Kasai Allstars + Bellowhead + Triolok Gurtu + Anke String Quartet + Reena Bhardwaj. **July 26th:** Hammoud

Festival Marés Vivas - From July 12th and 13th at Gaia Praia do Areinho. **July 13th:** Young Gods + The Datsuns. Further info TBA. **Nokia Live** - July 12th The Chemical Brothers + !!! + Tiga + Junior Boys in Lisbon. Further info TBA. **Vilar de Mouros** - July 20th until 22nd in Vilar de Mouros. **CANCELLED**. **Delta Tejo** - Alto da Ajuda in Lisbon. **July 20th:** Os Mutantes + Daniela Mercury + André Sardet + Papas na Língua + Bebel Gilberto + Los Abajo. **July 21st:** Carlinhos Brown + João Gil + Luis Represas + João Pedro Pais + Mafalda Viega + Lila Downs + Olodum + DJ Marcelinho da Lua. **July 22nd:** Orishas + Sizzla + Macaco + Marcos Sacramentos + Bei Gua + Mercado Negro. Tickets: €25 to 40. **Music of the World** - July 20th until 22nd in Porto Covo. **July 20th:** Etran Finatwa + Darko Rundek + Galandum Galundaina. **July 21st:** Don Byron. **July 22nd:** Haydamaky. Further info TBA. **Music of the World** - July 25th until 28th in Sines Avenida da Praia. **July 25th:** Ok! Dub Ainu Band + Kasai All Stars + Sétima Legião from 2.30am. **July 26th:** Tattir + Carlos Bica Trio Azul + Sly + Robbie + Bitty McLean. **July 27th:** Señor Coconut + Richard Taha. **July 28th:** Gogol Bordello + Salif Keita + K'Naan. Entrance is free. **Music of the World** - July 25th until 28th in Sines Castle from 9.30pm. **July 25th:** Kasai Allstars + Bellowhead + Triolok Gurtu + Anke String Quartet + Reena Bhardwaj. **July 26th:** Hammoud

Ahmed + Tattir + Carlos Bica + Trio Azul + DJ III Vibe. **July 28th:** Rachid Taha + World Saxophone Quartet + Hamilton de Holanda Quintet. **July 28th:** Gorgol Bordello + K'Naan + Enka Stucky + Roots of Communication. Entrance €10. **AUGUST**
Sudoeste Festival - August 2nd until 5th at Herdade da Casa Branca in Zambujeira do Mar everyday from 5pm. Tickets: €70 with parking & camping included. Performances: **Aug 2nd:** Damien Marley + Editors + I'm From Barcelona + Gilberto Gil + Mayra Andrade + Cassius + Rui Vargas + Camera Obscura + Noisettes + Ojos de Brujo. **Aug 3rd:** Cypress Hill + The Cinematics + Just Jack + Outlandish + Armandinho + Buraka Som Sistema + Mary Ann Hobbs + Bonde do Relé + Datarock + Balla + Os Lambas + Nastro + General Levy + Robbo Ranx + Steel Pulse + Soldier of Jah Army + Mani3stos. **Aug 4th:** Goove Armada + The Streets + Sam The Kid + Sérgio Godinho + Koop + The Australian Pink Floyd Show + Nature of Human Art + Air Traffic + Patrick Wolf + Sondre Lerche + Sonic Junior + Vanessa da Mala + Tiago Bettencourt + Eta Carinae + Sounds Portugueses + Saian Supa Crew + Martin Jondo + Stepacide. **Aug 5th:** James + Mika + Phoenix + Razorlight + Babylon Circus + The National + Of Montreal + Trail of Dead + Tara Perdida + 2008 + Rui Vargas + Stereo Addition + Pow Pow Movement + Tiken Jah Fakoly. Further info TBA. Dates still to be confirmed: Mika + The Streets. Tickets: €40 to €70.

Intercéltico de Sendim - Two day festival in Sendim. Performances: **Aug 3rd** - Solas, Tradere, Trasca. **Aug 4th** - Four Men and a Dog, Keba Junkera, Dazkari. Further info TBA. **Anti-Pop Music Festival** - Viana do Castelo, Forte Santiago da Barra. **August 9th** - Ellen Alien + Apparat + Matthew Dear + Paul Kalkbrenner + Dezerperados + Expander + Thinkfreak + Nuno Di Rosso + Hustley E Gunz + Alex Vieira + Minimal Hospital Crew + Pedro Ricciardi. **Aug 10th** - Richie Hawtin + Magda + Troy Pierce + Heartthrob + Gaiser + Freshkillos + Hustley & Gunz + Minimal Hospital Crew + Pedro Ricciardi. **Aug 11th** - Ata + Octave One and Random Noise Generation + Extrawelt + Gui Boratto + Rui Vargas + Magazino + Miguel Rendeiro + Invaders

Ziggy Marley - July 29th at Coliseu de 10pm. Tickets €25. **Elvis Costello** - July 31st at Vilamoura The Lake Resort from 10pm. Further info TBA. **AUGUST**
Lionel Richie - August 1st at Hotel Sheraton Pine Cliffs in Albufeira. Further info TBA. **Keane** - August 3rd at Oporto's Parque da Cidade. Further info TBA. **June**
My First Festival - June 28th until July 1st with daily sessions at 9am at Pavilhão Atlântico. A festival for the young ones, with performances from Noddy, Bob the Builder, and other well known characters yet to be confirmed. Tickets: €25 to €220 (VIP Pack)

+ Hustley & Gunz + Alex Vieira + Minimal Hospital Crew + Pedro Ricciardi. Further info TBA. **Festival Paredes de Coura** - August 12th until 15th at Praia Fluvial do Tubarão in Paredes de Coura. Performances: **Aug 13th:** Mando Diao. **Aug 14th** - New York Dolls + Mao Mota + Spoon + Gogol Bordello + Architecture in Helsinki. **Aug 15th** - Sonic Youth + Cansei de Ser Sexy + Electrelane + Sunshine Underground. Tickets: €40 to €70. **Super Bock Surf Fest** - August 14th and 15th in Sagres Praia do Tonel. **Aug 14th:** Jamaram + Midnite + João Maria + Mary B. **Aug 15th** - Gentleman + Lily Allen + Dub Incorporation + Mad Caddies + Culcha Candela. Further info TBA. **Festival Maré de Agosto** - August 23rd until August 26th at Santa Maria Praia

Formosa in Açores. Aug 23rd: Buraka Som Sistema + Luis Leite + Double Face. **Aug 24th:** Cocoo + Miss Blondie. **Aug 25th:** Pimpstress Rah. **Aug 26th:** Marcelo D2 + Tânia Pascoal.

SEPTEMBER
Festa do Avante! - September 7th until 9th at Quinta da Atalaia in Amora. **Caos Emergente Open-Air Fest** - September 7th until 9th at Paredes (Recare) Margends do Rio Sousa. **Sep 7th** - Mala-Ratos + Maglignan Turnour, Web, Atlas de Giallo, Distrofia. **Sep 8th** - Dead Infection, Aborded, Decayed, Holocausto Canibal, Disaffected, Psychofagist, The Ransack, Alcolocaust. **Sep 9th** - Benediction, Leng Tch'e, Sacred Sin, In The Umbra, God, Pitch Black, Goldenpyre.

MUSIC FESTIVALS

SEPTEMBER
Festa do Avante! - September 7th until 9th at Quinta da Atalaia in Amora. **Caos Emergente Open-Air Fest** - September 7th until 9th at Paredes (Recare) Margends do Rio Sousa. **Sep 7th** - Mala-Ratos + Maglignan Turnour, Web, Atlas de Giallo, Distrofia. **Sep 8th** - Dead Infection, Aborded, Decayed, Holocausto Canibal, Disaffected, Psychofagist, The Ransack, Alcolocaust. **Sep 9th** - Benediction, Leng Tch'e, Sacred Sin, In The Umbra, God, Pitch Black, Goldenpyre.

LIVE CONCERTS

Lloyd Cole - August 3rd at Royal Golf Course in Vale de Lobo. Further info TBA. **SEPTEMBER**
GNR, The Guff, Boss AC, Blasted Mechanism, DJ Henrique Amaro, Dezerperados - September 7th at Pavilhão Atlântico in Lisbon. Further info TBA.

LIVE SHOWS

DECEMBER
Noddy Live - Noddy is returning to Portugal for a Christmas special on December 8th and 9th with daily sessions at 11am 3.30pm and 7.30pm on December 8th. Minimum age of 3.

TICKETS: Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.

Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline); 213 240 580 (Lisbon Coliseu)

Events on these pages are published in good faith and in accordance with information given to us. We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing. Send your events to copy@the-news.net

CONCERTS

Rolling Stones - Lisbon

The Rolling Stones was formed in London in 1962 by

Brian Jones, and eventually was led by the songwriting partner-



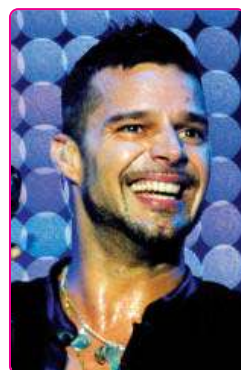
ship of singer Mick Jagger and guitarist Keith Richards. During their 1969 American tour, the Stones were introduced and have often since been referred to as "The Greatest Rock and Roll Band in the World". The band have released 55 albums of original work and compilations, and have had 37 top-10 singles. They have sold over 200 million albums worldwide. See them live at Lisbon Estádio Alvalade on June 25th. Tickets: €69 to €142.

Ricky Martin - Lisbon

Enrique Martín Morales, is a Grammy Award and Latin Grammy Award-winning Puerto Rican pop singer who rose to fame, first as a member of the Latin boy band Menudo, then as

a solo artist since 1991. He has sold over 55 million albums around the world, charting twenty one top-ten hits on the U.S. Latin Charts, eight of which reached number one, and a total of over thirty hit singles.

See him live at Pavilhão Atlântico on June 30th from 9pm. Tickets: €30 to €42.



Sunday night is fado night

On June 24th at 9 pm Carlos Plácido (Portuguese guitar) and Carlos Oliveira (guitar) will be joined by regular and guest fadistas for their 5th appearance at the Museum in São Brás. They have been playing on the last Sunday of each month to a full house. They will be taking a break in July and August but

will recommence on Sunday 30 September. Bar and light refreshments are available from 8.30 pm. For more information/reservations contact:

administrator@amigos-museu-sbras.org 966 329 073/ lua azul 289 845 452 www.amigos-museu-sbras.org

SPORTS

Algarve Airports Spectacular... fun for all the family

On July 7th, a truly unique event is to be held at the Lagos aerodrome on the EN 125; an unmissable day that promises to break records and go down in history, quite literally.

Brace yourself for a day of exhilarating sensations, the most exciting of which will be an attempt to break the official Guinness World Record of most Microlights flying in formation. Some 50 microlight pilots from all over Europe have already enlisted to be part of the challenge, now all that remains to be seen is if the formation can be held as they fly from Cape St. Vincent and swoop over Lagos' aero-

drome, where official Guinness authorities will be judging.

Visitors will have the opportunity to enjoy trial flights for just €20, as well as Harley Davidson displays, and even jump on the back of one of the legendary bikes for a ride. Breathtaking Aerobatic displays will take place; there will be Off-Road driving adventure rides, and a thrilling Microlight Aircraft Racing demonstration (sponsored

by TimerHomesAlgarve.com). Other demonstrations include classic cars and radio controlled aircraft aerobatics. Food and refreshments will be available all

day, and DJ Marc Damon of Kiss FM will provide the musical entertainment.

Fully backed by Gerry Breen's Algarve Airports Centre, Lagos City Hall, the Aero Clube de Lagos, and APAU – the Portuguese Association for Ultra-light Aircraft – the day also aims to raise funds for local charities the Lucinda dos Santos orphanage,

and Lagos Bombeiros.

The entrance fee is only €5 per person, under-12's free.

For more information, contact (+351) 914 903 384, or see website: www.gerrybreen.com. Doors open 10h00 – 17h00.

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GRAND OPENING

Faja Lobi

International and Surinam Restaurant

June 30th, 2007 from 19.00 - 23.00

With live music!

The first Surinam restaurant in the Algarve - Alvor.

Only for €10 per person, including one drink, you can

try the Surinam and the international dishes.

Reservation is recommended.

Urb. da Dourada, Lote 1, 8500-053 Alvor

E-mail: fajalobi@sapo.pt

Tel / Fax: 282 414 133

Mob: 918 838 484



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Os Algarvianos 2007 The Algarvians 2007

Nobody's Perfect

A Comedy by Simon Williams
(Directed by Lloyd Duffield)

Uma comédia em Inglês

Lagoa Auditorium
Thursday, Friday and Saturday
5, 6 & 7 July
20:30

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Pirates of the Caribbean: At World's End



ALGARVE

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21 JUN-27 JUN



1 **Pirates of the Caribbean: At World's End**
Johnny Depp, Orlando Bloom
14.10-17.40-21.10
Shrek the Third
Animation OV
00.40

2 **Trust the Man**
David Duchovny, Julianne Moore
15.10-17.30-19.50-22.10 (00.30 Thu-Sun)

Wild Hogs
Tim Allen, John Travolta
(12.50 Sat & Sun)

3 **Fantastic Four: Rise of the Silver Surfer**
Ioan Gruffudd, Jessica Alba
13.10-15.20-17.35-19.45-22.00 (00.15 Thu-Sun)

4 **Pirates of the Caribbean: At World's End**
Johnny Depp, Orlando Bloom
(23.50 Thu-Sun)
Shrek the Third
Animation OV
(10.15-12.30 Sat & Sun) 14.45-17.00-19.15-21.30

5 **Shrek the Third**
Animation PV
(11.50 Sat & Sun) 14.15-16.30-18.45-21.00

6 **The Abandoned**
Anastasia Hille, Karel Roden
13.20-15.35-17.50-20.05-22.20 (00.35 Thu-Sun)

Mr. Bean's Holiday
Rowan Atkinson, Willem Dafoe
(11.00 Sat & Sun)

7 **Ocean's Thirteen**
George Clooney, Brad Pitt
13.25-16.10-18.55-21.40 (00.05 Thu-Sun)

8 **Pirates of the Caribbean: At World's End**
Johnny Depp, Orlando Bloom
18.20

Fracture
Anthony Hopkins, Ryan Gosling
13.05-15.45-21.50 (00.25 Thu-Sun)
Bridge to Terabithia
Josh Hutcherson, Anna Sophia Robb
(10.50 Sat & Sun)

9 **Spiderman 3**
Tobey Maguire, Kirsten Dunst
(12.00 Sat & Sun) 15.00 (18.00 except Tue, 26th)

Zodiac
Jake Gyllenhaal, Robert Downey Jr
21.05 (00.15 Thu-Sun)
Mon Petit Doigt m'a dit
Catherine Frot, André Dussollier
(19.00 Tue, 26th)

**CASTELLO LOPES CINEMAS
PORTIMÃO**
TEL: 707 220 220
21 JUN-27 JUN



1 **Shrek the Third**
Animation PV
13.30-15.30-17.35-19.40-21.45-23.50

2 **Shrek the Third**
Animation PV
13.30-15.30-17.35-19.40-21.45

Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
23.50

3 **Pirates of the Caribbean: At World's End**
Johnny Depp, Orlando Bloom
13.35-16.50-21.20

4 **Zodiac**
Jake Gyllenhaal, Robert Downey Jr
13.40-16.40-21.00-00.05

5 **Ocean's Thirteen**
George Clooney, Brad Pitt
13.45-16.20-19.00-21.35-00.15

6 **Fantastic Four: Rise of the Silver Surfer**
Ioan Gruffudd, Jessica Alba
13.30-15.40-17.45-19.50-22.00-00.20

**CASTELLO LOPES CINEMAS
ALGARVESHOPPING**
TEL: 707 220 220
21 JUN-27 JUN



1 **Ocean's Thirteen**
George Clooney, Brad Pitt
13.25-16.05-18.55-21.35-00.15

2 **Shrek the Third**
Animation OV
13.30-15.35-17.40-19.45-21.45-23.50

3 **Fracture**
Anthony Hopkins, Ryan Gosling
12.50-15.25-18.10-21.40-00.05

4 **Taxi 4**
Samy Naceri, Frédéric Diefenthal
13.00-15.10-17.35-19.55-21.55

Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
23.55

5 **Wild Hogs**
Tim Allen, John Travolta
13.35-16.20-19.00-21.20-23.45

6 **Fantastic Four: Rise of the Silver Surfer**
Ioan Gruffudd, Jessica Alba
13.05-15.20-17.30-19.40-21.50-00.00

7 **Shrek the Third**
Animation PV
13.10-15.15-17.20-19.25-21.25

8 **Shrek the Third**
Animation PV
13.10-15.15-17.20-19.25-21.25-23.30

Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
13.45-17.00-21.45

**LUSOMUNDO
VILAMOURA**
TEL: 289 302 277
21 JUN-27 JUN

Shrek the Third
Animation PV
15.30-18.30-21.30

CENTRE
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ALMADA FORUM**
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21 JUN-27 JUN

Ocean's Thirteen
George Clooney, Brad Pitt
Shrek the Third
Animation OV & PV

Fantastic Four: Rise of the Silver Surfer
Ioan Gruffudd, Jessica Alba
Spiderman 3
Tobey Maguire, Kirsten Dunst

Trust the Man
David Duchovny, Julianne Moore
The Astronaut Farmer
Billy Bob Thornton, Virginia Madsen

Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
Taxi 4
Samy Naceri, Frédéric Diefenthal

Atrás das Nuvens
Nicolau Breyner, Sofia Grilo
The Reaping
Hillary Swank, Idris Elba

Fracture
Anthony Hopkins, Ryan Gosling

Zodiac
Jake Gyllenhaal, Robert Downey Jr
The Abandoned
Anastasia Hille, Karel Roden

**MILLENIUM
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TEL: 21 754 9000
21 JUN-27 JUN

1 **Ocean's Thirteen**
George Clooney, Brad Pitt
Shrek the Third
Animation OV

2 **Shrek the Third**
Animation PV

3 **Shrek the Third**
Animation OV

4 **Fantastic Four: Rise of the Silver Surfer**
Ioan Gruffudd, Jessica Alba

5 **The Abandoned**
Anastasia Hille, Karel Roden

6 **Zodiac**
Jake Gyllenhaal, Robert Downey Jr

7 **Pirates of the Caribbean: At World's End**
Johnny Depp, Orlando Bloom

8 **Fantastic Four: Rise of the Silver Surfer**
Ioan Gruffudd, Jessica Alba

9 **Ocean's Thirteen**
George Clooney, Brad Pitt

The Astronaut Farmer
Billy Bob Thornton, Virginia Madsen
Spiderman 3
Tobey Maguire, Kirsten Dunst

10 **Taxi 4**
Samy Naceri, Frédéric Diefenthal
Atrás das Nuvens
Nicolau Breyner, Sofia Grilo

11 **Alatriste**
Viggo Mortensen, Eduardo Noriega

12 **António Guerreiro di Dio**
Jordi Mollà, Paolo de Vita
Slow Burn
Ray Liotta, LL Cool J

13 **Breach**
Chris Cooper, Ryan Phillippe

14 **10 Items or Less**
Morgan Freeman, Paz Vega

15 **O Mistério da Estrada de Sintra**
Ivo Canelas, António Pedro Cerdeira

16 **Fracture**
Anthony Hopkins, Ryan Gosling

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Shrek the Third
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Ocean's Thirteen
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**OV = Original Version
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Johnny Depp, Orlando Bloom

Ocean's Thirteen
George Clooney, Brad Pitt
Shrek the Third
Animation OV & PV

Fantastic Four: Rise of the Silver Surfer
Ioan Gruffudd, Jessica Alba

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2 **Because I Said So**
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Johnny Depp, Orlando Bloom

3 **Slow Burn**
Ray Liotta, LL Cool J

4 **Fracture**
Anthony Hopkins, Ryan Gosling

5 **Ocean's Thirteen**
George Clooney, Brad Pitt

6 **Ocean's Thirteen**
George Clooney, Brad Pitt

7 **O Mistério da Estrada de Sintra**
Ivo Canelas, António Pedro Cerdeira

8 **The Astronaut Farmer**
Billy Bob Thornton, Virginia Madsen
Breach
Chris Cooper, Ryan Phillippe

9 **Shrek the Third**
Animation OV

10 **Pirates of the Caribbean: At World's End**
Johnny Depp, Orlando Bloom

11 **Zodiac**
Jake Gyllenhaal, Robert Downey Jr

12 **Shrek the Third**
Animation PV

13 **Fantastic Four: Rise of the Silver Surfer**
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14 **Trust the Man**
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The Messengers
Kristen Stewart, Dylan McDermott

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Ocean's Thirteen
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Zodiac
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Spiderman 3
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Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom

Fantastic Four: Rise of the Silver Surfer
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George Clooney, Brad Pitt

Fracture
Anthony Hopkins, Ryan Gosling

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Fantastic Four: Rise of the Silver Surfer
Ioan Gruffudd, Jessica Alba

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Shrek the Third
Animation OV & PV

Ocean's Thirteen
George Clooney, Brad Pitt
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Ioan Gruffudd, Jessica Alba

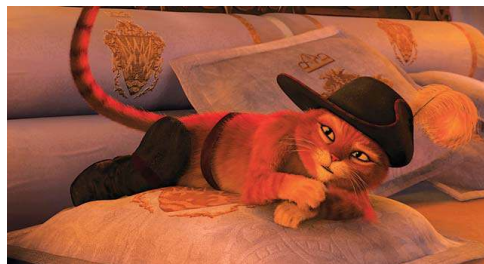
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
Teresa, the Body of Christ
Paz Vega, Leonor Watling



In the third instalment of the wildly popular *Shrek* series of computer-animated movies, everyone's favourite hygienically challenged green ogre (voiced by Mike Myers) faces both parental and royal responsibility when his wife, Princess Fiona (voiced by Cameron Diaz), finds out that she is pregnant and that her father, King Harold (voiced by John Cleese), is on his death bed. The shock of these revelations leads Shrek on a journey with his loyal companions Donkey (voiced by Eddie Murphy) and Puss in Boots (voiced by Antonio Banderas) to seek out another



heir to the throne, an awkward young boy named Artie Pendragon (voiced by Justin Timberlake). Waiting in the wings is the scheming Prince Charming (voiced by Rupert Everett), who sees the perfect opportunity to make his own bid for power and rallies a villainous crew to attack the castle. Taking over the reins from director Andrew Adamson, Raman Hui and Chris Miller fill the land of Far, Far Away with even more fairy-tale characters in *Shrek the Third*.



Although this takes away from Shrek's own screen time, it introduces the highly amusing Princess Squad, which includes Snow White (voiced by Amy Poehler) and Cinderella (voiced by Amy Sedaris), and the bullying Lancelot (voiced by John Krasinski), among others. And, as always, this *Shrek* outing features many pop-culture references, even managing to nod to two horror films (*The*



Exorcist and *Rosemary's Baby*) in a single shot. The movie also allows for more hilarious interplay between Donkey and Puss in Boots, resulting in a comedic adventure tale that, while over-populated, is still undeniably entertaining.



CELEB NEWS

Isaiah Washington has hit out at producers of hit TV show *Grey's Anatomy* for firing him with such ease. The troubled actor's future on the medical drama had been in doubt ever since he made a remark about cast mate T.R. Knight last October, a comment he repeated at the Golden Globe Awards earlier this year. At the end of season three, his character Dr. Preston Burke was seen packing his bags in a cliffhanger finale and last week Washington received a call from producer Shonda Rhimes revealing his services were no longer required. At the time, the 43-year-old star released a statement, simply saying, "I'm mad as hell", and Washington still can't believe how calm and collected Rhimes was when she made the fateful call. He says, "I'm saddened by the outcome. I did everything that the producers and the network asked me to do. I came back under great duress and stress, and thought I was doing the job I was hired to do. Shonda Rhimes called me last week and told me that I would not be returning to the show. Just like when she personally called me and invited me to the show. It was full circle." «»» Campaigning rocker **Bono** has blasted the G8's pledge to spend \$60 billion on the fight against AIDS, malaria and tuberculosis in Africa, insisting only a fraction of that sum will be spent. The leaders of the G8 nations made the vow at the summit in Germany, revealing half the amount would be provided by the U.S. But Bono and anti-poverty campaigners believe only \$3 billion will be new money, and that the G8 aren't doing all they can to alleviate third world suffering. He says, "I think it is deliberately the language of obfuscation. It is deliberately misleading." «»» **Kate Winslet** has been named the new celebrity spokesperson for cosmetics giants Lancôme as part of an Internet launch in Paris, France. The *Little Children* star greeted a crowd of fans in Paris after she was announced as the new face of the Trésor fragrance. Winslet was chosen as the successor to actress **Isabella Rossellini**, who appeared in ads for the fragrance last year. Previous star faces for Lancôme include **Uma Thurman** and movie hunk **Clive Owen**. «»» **George Clooney** is celebrating after making *Forbes* magazine's Celebrity 100 list for the first time. The Oscar-winning *Syriana* star debuts at number 40 on the new list. Based on the fame and "clout" of Hollywood's hottest stars, the Celebrity 100 list is an annual list of Tinseltown's biggest movers and shakers. Not all stars will be celebrating when the new list is announced, however - funnyman **Jim Carrey**, who previously topped the list a couple of years ago, doesn't appear on the new countdown. Also missing are Carrey's former girlfriend **Renee Zellweger** and **Cameron Diaz**, who both made last year's Celebrity 100. «»» Actor **Christian Bale** is dreading filming the sequel to *Batman Begins* this summer, because he knows hot weather and rubber suits are a bad combination. Bale has already begun shooting *The Dark Knight* with director **Christopher Nolan**, but with filming scheduled to run over the next few months, the 33-year-old will have to endure long hours dressed up in his fitted suit to play Bruce Wayne's alter-ego, Batman. He says, "I'm not really looking forward to wearing a black rubber suit in the summertime in humid Chicago. If you see a pool of sweat through the city, follow it and you will find me." Luckily for Bale however, Nolan prefers to film after the sun goes down. Bale adds, "We tend to shoot at night like some kind of covert operation. So, we have minimal people actually seeing me in that way." «»»

NORTH

UCICINEMAS
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- 1 **Ocean's Thirteen**
George Clooney, Brad Pitt
- 2 **Shrek the Third**
Animation PV
- 3 **Fantastic Four: Rise of the Silver Surfer**
Ioan Gruffudd, Jessica Alba
- 4 **Fracture**
Anthony Hopkins, Ryan Gosling
- 5 **Trust the Man**
David Duchovny, Julianne Moore
- 6 **Spiderman 3**
Tobey Maguire, Kirsten Dunst
- 7 **Pirates of the Caribbean: At World's End**
Johnny Depp, Orlando Bloom
- 8 **Because I Said So**
Diane Keaton, Mandy Moore
- 9 **Atrás das Nuvens**
Nicolau Breyner, Sofia Grilo
- 10 **The Messengers**
Kristen Stewart, Dylan McDermott
- 11 **Wild Hogs**
Tim Allen, John Travolta
- 12 **Zodiac**
Jake Gyllenhaal, Robert Downey Jr
- 13 **Taxi 4**
Samy Naceri, Frédéric Diefenthal
- 14 **Fantastic Four: Rise of the Silver Surfer**
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- 20 **Slow Burn**
Ray Liotta, LL Cool J
- 21 **The Astronaut Farmer**
Billy Bob Thornton, Virginia Madsen
- 22 **Perfect Stranger**
Halle Berry, Bruce Willis
- 23 **Ocean's Thirteen**
George Clooney, Brad Pitt

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- Shrek the Third**
Animation OV & PV
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Johnny Depp, Orlando Bloom
- Ocean's Thirteen**
George Clooney, Brad Pitt
- Fantastic Four: Rise of the Silver Surfer**
Ioan Gruffudd, Jessica Alba

- Atrás das Nuvens**
Nicolau Breyner, Sofia Grilo
- The Reaping**
Hillary Swank, Idris Elba
- The Astronaut Farmer**
Billy Bob Thornton, Virginia Madsen
- Fracture**
Anthony Hopkins, Ryan Gosling
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- Trust the Man**
David Duchovny, Julianne Moore

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- Spiderman 3**
Tobey Maguire, Kirsten Dunst
- Fracture**
Anthony Hopkins, Ryan Gosling
- Pirates of the Caribbean: At World's End**
Johnny Depp, Orlando Bloom
- Fantastic Four: Rise of the Silver Surfer**
Ioan Gruffudd, Jessica Alba
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- Fantastic Four: Rise of the Silver Surfer**
Ioan Gruffudd, Jessica Alba
- The Abandoned**
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- Teresa, the body of Christ**
Paz Vega, Leonor Watling

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Ioan Gruffudd, Jessica Alba
- Ocean's Thirteen**
George Clooney, Brad Pitt
- Atrás das Nuvens**
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- Wild Hogs**
Tim Allen, John Travolta

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- Pirates of the Caribbean: At World's End**
Johnny Depp, Orlando Bloom
- Teresa, the body of Christ**
Paz Vega, Leonor Watling
- Atrás das Nuvens**
Nicolau Breyner, Sofia Grilo
- Fracture**
Anthony Hopkins, Ryan Gosling
- Ocean's Thirteen**
George Clooney, Brad Pitt
- The Astronaut Farmer**
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Shrek the Third
Animation PV

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- Zodiac**
Jake Gyllenhaal, Robert Downey Jr
- Pirates of the Caribbean: At World's End**
Johnny Depp, Orlando Bloom
- Ocean's Thirteen**
George Clooney, Brad Pitt
- Shrek the Third**
Animation PV
- Fantastic Four: Rise of the Silver Surfer**
Ioan Gruffudd, Jessica Alba

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- Pirates of the Caribbean: At World's End**
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- Ocean's Thirteen**
George Clooney, Brad Pitt
- Shrek the Third**
Animation
- Fracture**
Anthony Hopkins, Ryan Gosling
- Atrás das Nuvens**
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- Black Christmas**
Katie Cassidy, Michelle Trachtenberg
- Fantastic Four: Rise of the Silver Surfer**
Ioan Gruffudd, Jessica Alba

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- Fracture**
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Animation
- Ocean's Thirteen**
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- Pirates of the Caribbean: At World's End**
Johnny Depp, Orlando Bloom

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- Mr. Bean's Holiday**
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- Fracture**
Anthony Hopkins, Ryan Gosling
- Ocean's Thirteen**
George Clooney, Brad Pitt
- Shrek the Third**
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- Alatriste**
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Halle Berry, Bruce Willis
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Billy Bob Thornton, Virginia Madsen

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Part-time parenting

With more part-time dads and stepfathers around today than ever, we ask the experts how non-traditional father figures can do the best for themselves and their children.

In these days of divorce, separation and remarriage, the 'traditional' family of a married mum and dad with 2.4 children is no longer the norm.

Figures suggest that at least one in three children will experience parental separation before the age of 16, and as mothers are usually the resident parents, that equates to a lot of part-time dads.

And as well as those part-time dads, the fact that separated parents usually move on to new relationships means that there are also a growing number of stepfathers. The most rapidly growing family type is the stepfamily, and it's thought that one in eight children are now living in such families. In fact, it's estimated that by 2010 there'll be more stepfamilies than birth families.

Both stepdads and non-resident dads celebrated Father's

Day, but many experienced a few problems as well says John Davies, chief executive of the campaign group Families Need Fathers.

"Society has a growing belief

the reality of their lives, and in the vast majority of cases the father isn't the resident parent."

What that creates, he says, is pressure on the part-time dad to make use of every second with his child.

Problems can stem from non-resident parents not having a home big enough for the kids to stay in, leading to the so-called 'McDonald's Dads' who spend time with their kids in fast food restaurants, bowling alleys and the like.

"The biggest tragedy is when parents move a long way away from each other, when the dads can't be there for the children. The kids can feel very deserted. (PHOTO: Press Association)



The biggest tragedy is when parents move a long way away from each other, when the dads can't be there for the children. The kids can feel very deserted. (PHOTO: Press Association)

that fathers have a role to play, but we have to learn how to do that when families are separated, as there can be a lot of problems.

"The idea of a child having two homes still hasn't really caught on, but for a lot of children that's

can't be there for the children. The kids can feel very deserted."

But it can be quite the opposite, he says, if children have a part-time dad and a stepdad.

"It can be brilliant or it can be a disaster. Extended families can mean more love and support for the children.

"There can be jealousy between the two men, but what the children need to know is that everybody loves them."

But non-resident dads can sometimes lose sight of that need because they are so determined to make the time they spend with their children special, says child psychologist Richard Wolfson.

"If dads believe specialness is linked to how much they spend and how exciting it is, then they're creating a problem for themselves.

"Specialness should just be spending time with them, car-



If you are a part-time dad and only see your child once a week, there's enormous pressure on you to make that time very special. (PHOTO: Press Association)

ing for them and showing them love. Shoving money at them isn't the way to do it.

"It doesn't mean dads have to sit in a bare room having a deep and meaningful discussion with them, they just need to give them time."

Wolfson acknowledges that some part-time dads feel they have to spend as much money as they can on their kids to appease their guilt about not seeing them very often.

He warns: "The bigger the present, the bigger the smile on the child's face, but it's only meaningful if it's based on a good emotional connection between them."

And he stresses that where a

child has a biological dad and a stepdad, the men need to understand that they are both important to the child.

"Real dads can feel threatened by the stepfather, as he's making decisions in the child's life

and spending time with them.

"But the child can sustain both relationships, and benefit from both. These dads need to put their own insecurities on a back burner for the sake of the child."

Lisa Salmon

Ask the expert

Q: "Is it true that drinking apple juice could reduce the risk of my son developing asthma? Could he just eat apples instead?"

A: Asthma UK research fellow Dr Seif Shaheen, of Imperial College, London, who has just completed a study into the effect of fruit intake on asthma symptoms, says: "We studied more than 2,000 children, and were surprised we didn't show an association with eating apples and a reduction in wheezing, since we've found that asthma is less common in adults who eat apples frequently. But there was a good association when children drank apple juice from concentrate daily. They were about half as likely to report wheezing as others who only drank it occasionally."

"Apple juice is a potent source of protective antioxidants, and with juice made from concentrate you're going to get more of them, so that could be the sim-

ple explanation.

"It's important to say that this shows an association, but it wasn't a trial. We can't say this proves concentrated apple juice reduces asthma symptoms - our data suggests an association with drinking it and a reduction in wheezing, the principal symptom of asthma, but there needs to be a trial. That's on the agenda, we're very keen to do one."

"If parents want to know if they should give their children apple juice, there's no harm in it and there's quite a lot of evidence that fruit and vegetables in the diet can really make a difference to children."



Three ways to

... help keep teenagers safe at summer parties

1. Make sure they know the facts about drugs.
2. Warn them not to accept alcoholic drinks from people they don't know, and don't let their drinks out of their sight, to avoid drink spiking.
3. Make sure they know how they're getting home.



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The Hazards of Summer



What steps should be taken to protect animals when the sun is out and the temperatures rise?

1) Check your pets regularly for ticks and grass seeds, early action can prevent discomfort and possible veterinary involvement. Grass seeds are nasty and can get into the eyes and ears of your pet, as well as into their pads. They can cause the animal to violently shake its head if one has lodged itself in the ear, so check carefully if your pet shows these signs. Ticks can be prevented by using a Scalibor collar along with Frontline spot-on or Advocate combined with the Scalibor collar: Advantix for 3 months and then Frontline Combo for 3 months combined with Stronghold. If you find a tick attached the removal with the O Tom Tick Removal (Tick Twister) is the best method, to prevent it's mouthpart being left behind.

2) Dogs can soon overheat, they pant in order to control their temperature because they do not perspire...Excessive panting, drooling and restlessness are signs that they may be having problems. Provide cools shaded areas for them to sleep. If they are too hot wrap a cool, damp towel around them. Veterinarian involvement will be required if symptoms persist. There are reflective coats available - Coolers - that can protect dogs with thin coats or dogs that are prone to overheating.

3) Provide plenty of clean, fresh water. This should be changed at least daily to prevent bacterial and algae growth.

4) **DO NOT LEAVE YOUR DOG IN A CAR** on warm days. Cars can act as ovens and heat up very quickly even with the window open. Parking in the shade can not guarantee protection as the shade will move when the sun moves. If you see a dog locked in a car on a hot day then do not hesitate to get help. It is kinder to leave your dogs at home where it is cool. If you go out for long periods - consider fencing an area securely, making sure that ad-

equates - all day - shade is available.

5) Don't tie your dog up outside as they may become tangled up and not be able to get into the shade.

6) Protect your dogs and cats noses and ears - especially white cats and dogs - with sunscreen. They are available especially formulated for pets.

7) Try to limit exercising your dog in the middle of the day because they can overheat.

8) Keep an eye out for bees and wasps. These usually attack noses, paws and ears. Some animals, like humans, can have an allergic reaction to stings, so prompt veterinary intervention is necessary if this is the case. Bees have an acid sting, so once the sting has been removed, the area needs to be bathed with bicarbonate of soda. Wasps do not leave their sting and have an alkalising sting, these should be bathed with vinegar.

9) Watch out for snakes! Dogs and cats can easily disturb a sunbathing snake. Hopefully, once disturbed, the snake will slither away but if your pet is bitten then get them to a vet.

10) Dispose of uneaten food, and wash out bowls, as soon as the pet has finished eating. Uneaten food that is left on warm days, is a magnet for flies and other insects. Dried foods appear less attractive to flies and insects.

11) When you take your pet out, make sure you take plenty of water with you, and stop your pet drinking out of stagnant puddles and ponds.

12) Protect your dogs eyes from the sun. Dogs with long facial fur need to keep a visor of fur to cover their eyes. Dog sunglasses (DOGGLES) are available. Exposure to strong sun can cause corneal and cataract problems.

Have a great summer!
Protect your pet with knowledge
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Julie Pickering

Watch out for grass seeds

Noticeably over the last month or so the long grass has seeded and dried. We have been caught out this year, our grass was cut after seeding and one of our poor dogs got a grass seed in her paw and needed veterinary help to get it out. Thankfully, with the help of Kirsten Peters, she is now recovered.

There are many different kinds of grasses, that have seeds of a particular shape that allows them to stick to various surfaces and others that not only stick, but can actually invade into the tissue of an animal's body. It is the long sharp pointed type of seed that has minute barbs like a tiny arrow head that only allow it to move forward through the body tissue that cause the problems. These seeds can enter the nose, get between the eye and eyelids, be found between the toes, or make their way into the gums, ears, toes, or other parts of an animal's body. The seed can get caught in the coat and works its way down to and then through the skin. Once it is under the skin the body tries to eliminate it and pus is formed that can swell into an abscess. Sometimes the entry hole can heal over leaving no clue to the source of the problem.

Pets may react differently depending upon the number, location, and shape of the seed. **Hair:** If large seeds are in the hair behind the ears of a dog, there may be no sign of a problem other than matted hair. **Ear:** A seed in the ear canal may cause the pet to shake his head, scratch at the ear, rub his ear on the floor, or hold his head at a slightly tilted angle. **Eye:** A seed between the eye and the eyelid may cause the eye to become red and inflamed, sometimes with discharge or tears. An ulcer of the cornea could result and possibly lead to vision loss. **Nose:** A seed in the nose may cause the animal to sneeze, paw at the nose, and may result in some nasal discharge. **Skin:** A pet may chew at an area where seeds have become attached on the skin, and one or more of the following may occur: The pet may be able to remove the seeds. The seeds may become attached to the gums, tongue, and mouth. The seeds may be swallowed. If swallowed, they may stick to the back of the throat near the tonsils and cause inflammation and swelling. Pets with seeds in this area may cough, retch, or gag, and have difficulty eating and swallowing. The seeds burrow deeper into the skin. If this occurs, swelling, abscesses, and open draining sores may result. **Lungs and other organs:** Seeds can be accidentally inhaled or migrate from the skin into the chest and enter the lung where they can cause very serious life-threatening abscesses. They can also penetrate into the abdominal organs. Seeds may also migrate to areas near the spine, where they can cause considerable damage. When internal organs or the spine are affected, a pet may become very ill, not eat, and develop a fever. The pet may also have obvious problems such as vomiting or difficulty breathing. How to protect your pet:

Pets, who spend more time outside are at most risk of having problems caused by seeds. If possible, prevent your pet from running through areas of tall grass, or grass that is obviously seeding. Protective vests that cover the chest and abdomen and dog boots for the paws are commercially available. Clipping long-haired pets who go outside at this time of year can also help.

When returning from a walk, groom your dog immediately and remove any seeds. Check closely between the toes, in the ears, and in the "armpits" and groin areas, since these are common places to find seeds. If you find a seed, try removing it with a pair of tweezers or your fingers. If you cannot remove the seed, contact your veterinarian as soon as possible, since it will only become more deeply buried and harder to take out. Once seeds become buried, either in the skin, mouth, or other places, it is often very difficult to find them, and often requires surgery. The entry point may or may not be visible, and it is often difficult to find the tiny seed itself, especially if it has migrated several centimetres. Having to make several different incisions in an attempt to find the seed is often necessary, and there may be more than one seed. Some animals have had to be placed on antibiotics or antifungal medications for very long periods of time due to infections caused by plant seeds.

Prevent your pet from chewing on grasses that have seed heads. If you think your pet may have eaten grass and is having problems such as coughing or gagging, again, contact your veterinarian as soon as possible. Keep a close eye on your pets if you live or walk your pets in grassy areas. Constant monitoring is the best policy and if you do suspect a problem then contact your vet. Maisie started by chewing at her feet. She is a bearded collie, and has lots of fur between her pads and very furry feet. I keep her clipped short from March until October, and try and check her paws regularly. Once she started chewing her feet, I washed them in a saline solution and tried to check for any foreign bodies, and then decided that it was best to get her checked by the vet, who was able to investigate further and located a grass seed inside her paw. Numerous vets have warned us, of the grass seeds being a very common problem at the moment. So fore warned is fore armed.

Protect your pet with knowledge
Copyright Paws4Pets2007 Julie Pickering

Dog found

Found
31st May,
a black
and white
dog,
medium
size,
extremely
sociable (he loves to give
his paw) in the park near
restaurant Zé Dias in São
Brás de Alportel.
He is loving, docile, good
natured and
likes people. After various
photos having been



posted around the
area, he has been sent
to the kennel where he
decidedly does not belong.
Please, if you know the
owner or would like to
keep the dog, please call

**289 843 980 or
289 841 156**

A Chuckle for you

The following was sent to me a while ago by a friend, thank you to her, we thought all you doggy lovers out there would understand it! It has no author unfortunately:

"Dear Dogs,

The dishes with the paw print are yours and contain your food. The other dishes are mine and contain my food. Please note, placing a paw print in the middle of my plate and food does not stake a claim for it becoming your food and dish, nor do I find that aesthetically pleasing in the slightest. The stairway was not designed by NASCAR and is not a racetrack. Beating me to the bottom is not the object. Tripping me doesn't help because I fall faster than you can run.

I cannot buy anything bigger than a king sized bed. I am very sorry about this. Do not think I will continue sleeping on the couch to ensure your comfort. Dogs can actually curl up in a ball when they sleep. It is not necessary to sleep perpendicular to each other stretched out to the fullest extent possible. I also know that sticking tails straight out and having tongues hanging out the other end to maximise space is nothing but sarcasm. For the last time, there is not a secret exit from the bathroom. If by some miracle I beat you there and manage to get the door shut, it is not necessary to claw, whine, try to turn the knob or get your paw under the edge and try to pull the door open. I must exit through the same door I entered. Also, I have been using the bathroom for years - canine attendance is not mandatory. The proper order is kiss me, then go smell the other dog's behind. I cannot stress this enough!

To pacify you, my dear pets, I have posted the following message on our front door: All Non-Pet Owners Who Visit & Like to Complain About Our Pets

1. They live here. You don't.
2. If you don't want their hair on your clothes, stay off the furniture (That's why they call it "fur"niture.)
3. I like my pets a lot better than I like most people.
4. To you, it's an animal. To me, he/she is an adopted son/daughter who is short, hairy, walks on all fours and doesn't speak clearly. Remember: Dogs are better than kids because they:
1. Eat less
2. Don't ask for money all the time
3. Are easier to train
4. Usually come when called
5. Never drive your car
6. Don't hang out with drug-using friends
7. Don't smoke or drink
8. Don't worry about having to buy the latest fashions
9. Don't wear your clothes
10. Don't need a gazillion pounds for college, and...
11. If they get pregnant, you can sell their children!"

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Pé da Cruz
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tel - 282 911 008
Urgências - 964 192 251
email: ana_silva@netcabo.pt

Claudia Santos
Torreão Clínica Veterinária
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Tel: 289 422 286
E-mail: torrejaoveterinaria@sapo.pt

James Cagney
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6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Ever Wondered About Food? (T) 12.00 BBC News; Weather. (T) 12.10 Ready, Steady, Cook. (R) (T) 12.55 Live Athletics. The opening day of the European Cup. (T) 4.25 Shaun the Sheep. (R) (T) 4.35 Just for Laughs. (R) (T)

5.05 Weakest Link. Sports personalities including Ricky Hatton, Alec Stewart, Ashia Hansen and Peter Schmeichel face the wrath of Anne Robinson. (R) (T)

5.55 BBC News; Regional News; Weather. (T) 6.15 The People's Quiz. Jamie Theakston hosts the grand final, in which nine contestants battle it out in the hope of winning a #200,700 prize and the title of The People's Quiz Champion 2007. Last in series. (T)

7.15 Doctor Who. Part one of two. New prime minister Harry Saxon begins his reign of terror by announcing humans have made contact with an alien race. John Simm, McFly, Sharon Osbourne and Ann Widdecombe guest. (T)

8.00 The National Lottery Draws. Brian Conley sets the balls rolling in the all-important Thunderball, Dream Number and Lotto draws. (T)

8.10 Casually. A depressed Guppy is forced to make a tough decision on an emergency rescue and grows increasingly despondent when he makes a mistake that puts a patient's life in danger. Stitch calls the disillusioned medic to his office and places temptation in his path by revealing he uses cocaine to cope with the stress of work. Meanwhile, Charlie tries to persuade a bouncer to seek help after learning he is self-harming. Jodi Albert, Roy Hudd and Scott Mills guest star. (T)

9.00 Jekyll. Tom becomes determined to find out about Mr Hyde's personal life, but Katherine remains tight-lipped and drugs her employer so she can search through his belongings. Syme is given the task of talking sense into his friend, but the doctor becomes increasingly tormented when he hears his son Eddie calling for help. Contemporary drama inspired by the classic thriller, starring James Nesbitt. (T)

9.55 Would I Lie to You? Actors John Barrowman and Fay Ripley, TV presenter Dominic Wood and comedian Patrick McGuinness guest on the comedy panel show. They join captains Lee Mack and David Mitchell as each team attempt to mislead their opponents with absurd facts and plausible lies. Angus Deayton oversees proceedings. (T) 10.25 BBC News; Weather; (T) National Lottery Update.

10.45 FILM: Shanghai Noon (2000). High-kicking Western comedy, starring Jackie Chan. (T) 12.30 Friday Night with Jonathan Ross. (R) (T) 1.30 FILM: Bandidoler! (1968). Western, starring James Stewart; (T) Weatherview. 3.20 BBC News 24. (T)



BBC2

6.00 CBeebies: 6.00 Teletubbies; (R) (T) CBeebies Birthdays. (T) 6.30 Balamory. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Batfink. (R) (T) 7.10 Arthur. (R) (T) 7.35 Watch My Chops. (R) (T) 8.00 Mona the Vampire; (R) (T) Bernard. (R) 8.30 The Story of Tracy Beaker. (R) (T) 9.00 Hider in the House. (T) 9.55 What's New Scooby-Doo? (R) (T) 10.15 The Cramp Twins. (R) (T) 10.30 Totally Doctor Who. (R) (T) 11.00 The Story of Tracy Beaker. (R) (T) 11.25 What's New Scooby-Doo? (R) (T) 11.45 Sportsround. (T) 12.00 See Hear. (T) 12.30 Tennis: Eastbourne. Live coverage of the International Women's Open final. (T) 2.15 Royal Ascot. Live coverage of the final day of the meeting. (T) 4.45 Glastonbury 2007. (T) 7.00 Summer Exhibition. Laurence Llewellyn-Bowen reports from the Royal Academy. Concludes tomorrow. (T) 8.00 The Culture Show. Celebrating British cinema. Last in series. (T) 8.30 Coast. Neil Oliver reveals why Americans once attacked the port of Whitehaven, Miranda Krestovnikoff searches for sharks and Mark Horton gets a glimpse of nuclear submarines. (R) (T) 9.30 Seven Ages of Rock. Narrator Julian Rihland-Tutt explores American alternative rock, recalling the dominance of REM and Nirvana, and reflecting on the friendship that formed between the bands' frontmen. (T) 10.30 Glastonbury 2007. The Killers perform a headline set on the Pyramid Stage. (T) 2.00 FILM: Five Seconds to Spare (1999). Thriller, starring Max Beesley. (T) 3.40 Close.

Pick of the Day

Doctor Who (BBC1, 7.15pm)

It's here - the first episode of the two-part series finale. It's something Whovians everywhere have been looking forward to and dreading at the same time. It means we should find now be able to find out who the mysterious Mr Saxon is - after all, he's been tantalisingly mentioned plenty of times over the past few months - and also discover what The Face of Boe meant back on New Earth when he claimed the Doctor wasn't the last of the Time Lords after all. However, the fact the episode is about to air means we're almost at the end of what has been an enthralling and, at times, incredibly moving series. Last week, the gallivanting Gallifreyan and Martha were joined in the Tardis by Captain Jack Harkness, and the trio are together again here as they land back on Earth in the 21st century. They have to fight for their lives while trying to solve several puzzles, including working out who the Toclafane are, and what lies at the heart of the Valiant. But it's Mr Saxon - surprise, surprise - who turns out to be the most enigmatic and important mystery of all. David Tennant, Freema Agyeman and John Barrowman star, and John Simm makes a guest appearance.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: Big Brother's Little Brother. (T) 9.20 T4: Friends. (R) (T) 9.55 T4: Popworld. (T) 10.45 T4: Friends. (R) (T) 11.20 T4: Big Brother. (R) (T) 12.20 T4: Big Brother. (R) (T) 12.55 T4: Transmission. (R) (T) 2.00 Channel 4 Racing from Newmarket, Ayr and Redcar. Including the 3.15 intercasino.co.uk EBF Fillies' H'cap Stakes (1m). (T) 4.00 Red Bull Air Race. The fourth round of the season at the Golden Horn estuary in Istanbul, Turkey. (T) 4.50 Deal or No Deal Classic. (R) 5.35 The Worst Jobs in History. (R) (T) 6.35 Channel 4 News. (T) 7.00 The Rise and Fall of Tony Blair. Two-part analysis of the Prime Minister's decade in power. Continues on Monday. (T) 9.00 Brothers & Sisters. Drama charting the lives of a multi-generational California-based family. Calista Flockhart, Sally Field, Rachel Griffiths, Tom Skerritt and Ron Rifkin star. (R) (T) 10.00 Brothers & Sisters. The Walkers struggle to come to terms with William's death and the reading of his will threatens to cause a rift in the family. Sally Field and Calista Flockhart star. (R) (T) 11.00 FILM: The Naked Gun 2 1/2: The Smell of Fear (1991). Slapstick comedy sequel, starring Leslie Nielsen. (T) 12.35 Big Brother Live. 4.15 Road to V 2007. (R) (T) 4.30 Greetings from Tucson. (R) (T) 4.55 The Bernie Mac Show. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Sunrise. 6.55 Milkshake!: The Milkshake! Show. (R) (T) 7.25 Mist: Sheepdog Tales. (R) (T) 7.40 Roary the Racing Car. (R) (T) 7.55 Make Way for Noddy. (R) (T) 8.05 Say It with Noddy. (R) (T) 8.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.25 The Book of Pooh. (R) (T) 9.00 Ebb and Flo. (R) (T) 9.05 Peppa Pig. (R) (T) 9.15 Fifi and the Flowerpots. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 Fifth Gear. (R) (T) 11.00 Nick Baker's Weird Creatures. (R) (T) 12.05 Dangerman Adventures: The Fiery Pit. (R) (T) 12.55 FILM: Doc Savage: The Man of Bronze (1975). Comic-strip adventure, starring Ron Ely. (T) 2.45 FILM: Colombo: How to Dial a Murder (1978). Crime drama. Peter Falk stars. (T) 4.15 FILM: Danielle Steel's Daddy (1991). Drama, starring Patrick Duffy. (T) 6.15 FILM: Little Nikita (1988). Thriller, starring Sidney Poitier as an FBI agent investigating a group of Russian spies who have infiltrated America - and suspects air force recruit River Phoenix's parents. (T) 7.50 five news and sport. (T) 8.05 NCIS. A beauty pageant leads to murder. (R) (T) 9.00 CSI: NY. The arrest of Detective Truby comes back to haunt the team when his conviction leads to the release of a vicious criminal from Mac's past who begins killing again. With Gary Sinise. (T) 10.00 Law & Order. Briscoe and Green investigate when the admission director of an exclusive school is killed and come to believe she was murdered by a parent determined to have their child enrolled. (T) 11.00 Angela's Eyes. (T) 12.00 Quiz Call. 5.35 Wildlife SOS.

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Horrid Henry. (T) 9.40 Horrid Henry. (R) (T) 9.55 Jungle Run. (R) (T) 10.25 The Gribble Boys. (R) (T) 10.55 King Arthur's Disasters. (R) (T) 11.25 My Parents Are Aliens. (R) (T) 11.55 The Amazing Adrenalin Brothers. 12.00 Shrek the Third: UK Premiere Special. 12.30 ITV News and Weather. (T) 12.40 London Today; Weather. (T) 12.45 FILM: Candleshoe (1977). Disney comedy, starring Jodie Foster. (T) 2.40 FILM: Tora! Tora! Tora! (1970). Fact-based World War Two drama, starring Martin Balsam. (T)

5.20 London Tonight; Weather. (T) 5.35 ITV News and Sport; Weather. (T) 5.50 You've Been Framed! (R) (T) 6.20 FILM: Scooby-Doo 2: Monsters Unleashed (2003). Premiere. The detective quintet return, facing a real challenge thanks to a villain who's created clones of all the beastly baddies they've ever battled. Comedy adventure, starring Sarah Michelle Gellar. (T)

8.00 Who Wants to Be a Millionaire? Another group of contestants line up for the chance to take the hot seat and answer 15 questions in the hope of winning #1million. Chris Tarrant presents. (T) 9.00 Secrets of Celebrity Stars in Their Eyes. Sara Cox narrates as famous faces who have appeared on the talent show share their feelings about putting their vocal skills to the test. Brian Blessed reveals how being coached by Pavarotti failed to quell his nerves, while Mel Giedroyc and Sue Perkins discuss the fits of giggles that caused their dance routine to be hastily reworked. Julie Goodyear claims the spirit of Marlene Dietrich took over her body and Sally Lindsay confesses she would have liked to appear as Liam Gallagher. (T)

10.00 Parkinson. Comedian Ken Dodd shares his feelings on becoming an octogenarian and reminisces over his 50-year career in showbiz, while theatre and opera director Jonathan Miller discusses his recent project The Cherry Orchard, which starred Joanna Lumley. Actress Meera Syal tells the veteran broadcaster about her role in Rafta Rafta at the National Theatre and Travis perform in the studio. Last in series. (T)

11.00 ITV News and Weather; Weather. (T) 11.15 TV's Naughtiest Blunders. Neil Morrissey offers another selection of slip-ups, this time featuring presenters Paul O'Grady and Vernon Kay, members of the Bad Girls cast and musician Elton John. (R) (T)

12.00 Glitterball; ITV News Headlines. 4.10 Boot Sale Treasure Hunt. (R) (T) 4.30 Boot Sale Treasure Hunt. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1

0700 Brinca Comigo 0900 Ecoman 1000 O Ultimo Leopardo 1100 Descobrir Portugal 1200 A Minha Sogra é um Bruxa 1230 Destinos.Pt 1300 News 1415 Top+ 1700 Kangaroo Jack, film 2100 A Voz do Cidadão 2115 Danga Comigo 2315 Triple Agent, film 0115 A Terra, os 4 Elementos - O Filo DO Mundo, film

RTP2

0645 Weather 0700 Euronews 0730 Africa 7 Days 0800 News 0900 University 1200 Vida no Bom Bom Bom 1400 Parlamento 1500 Sport 1900 Couto e Coutadas 1930 Geração Cientista 2000 Hi Hi Puffy Ami Yumi 2030 Kulito 2100 Vidias 2150 Loto Draw 2200 News 2300 Ride the High Country, film 0115 Lâmour À Mort, film

SIC

0700 Children TV 0900 Disney Kids 1100 Uma Aventura 1200 Our World 1300 News 1400 Extase 1500 Onda de Verão 1700 Film TBA 2000 News 2130 Desorevubidis 2215 Página da Vida 0000 In Dreams, film 0230 Lizzy McGuire Movie, film

TVI

0700 Children TV 1000 O Banho Dos Quatro 1130 Deluxe 1300 News 1400 Heroes 1600 Film TBA 1800 Film TBA 1900 News 0100 On Deadly Ground

Best of the Rest

BBC3

7.00 Glastonbury 2007 8.00 Doctor Who Confidential 8.45 Glastonbury 2007 10.30 Little Britain 11.00 Touch Me, I'm Karen Taylor 11.30 Two Pints of Lager and a Packet of Crisps 12.00 Two Pints of Lager and a Packet of Crisps 12.30 Glastonbury: The Best Bits 2.00 Touch Me, I'm Karen Taylor 2.30 Two Pints of Lager and a Packet of Crisps 3.00 Two Pints of Lager and a Packet of Crisps 3.25 The Real Hustle 3.55 Close

BBC4

7.00 Voyages of Discovery 8.00 Children's TV on Trial 9.00 The Kids' Verdict 10.30 The Cult Of 10.30 Glastonbury 2007 12.30 Children's TV on Trial 1.30 The Kids' Verdict 2.30 Mark Lawson Talks to Biddy Baxter 3.30 Voyages of Discovery 4.30 Close

ITV2

2.15 Holiday Showdown Extreme 3.20 Holiday Airport: Sydney 4.25 America's Got Talent 5.55 Movies Now 6.05 The Planet's Funniest Animals 6.30 Shrek the Third: UK Premiere Special 7.00 Staff from Hell 8.00 Jack Osbourne - Adrenaline Junkie 9.00 Film: A Few Good Men 15 (1992) 11.40 Film: The Silence of the Lambs 18 (1990) 2.00 Glitterball: ITV Play 3.40 Emmerdale 6.00 Close

Sky One

1.00 Star Trek: The Next Generation 2.00 Star Trek:

The Next Generation 3.00 Futurama 3.30 Shrek the Third Special 3.40 Film: Batman and Robin PG (1997) 6.00 Pirate Master 7.00 Pirate Master 8.00 Pirate Master 9.00 Cold Case 10.00 Bones 11.00 Marco Polo 12.50 Brainiac: Science Abuse 1.45 Secrets of the CIA 3.30 Death by Excess 4.20 Relic Hunter 5.10 World's Craziest Videos 5.35 America's Dumbest Criminals

UKTV Gold

1.00 Film: Doctor in the House PG (1954) 3.00 My Hero 3.40 My Family 4.20 My Family 5.00 Some Mothers Do 'Ave 'Em 5.40 Only Fools and Horses 6.20 Only Fools and Horses 7.05 Open All Hours 7.45 Only Fools and Horses 9.00 The Vicar of Dibley 9.55 New Tricks 11.15 Men Behaving Badly 11.55 The Office 12.35 Prison Break 1.35 Prison Break 2.20 Doctor Who 3.05 Room 101 3.35 Room 101 4.05 Dallas 5.10 Dallas

TCM

1.15 Code Name: Emerald PG (1985) 3.00 Where Eagles Dare PG (1968) 5.30 Behind the Scenes: Where Eagles Dare 6.00 The Bridge on the River Kwai PG (1957) 9.00 The Big Red One 15 (1980) 11.05 The Dirty Dozen 15 (1967) 1.45 Brass Target PG (1978) 3.35 Teleshopping 3.50 The Red Badge of Courage U (1951)

The Disney Channel

Kids' programmes from 7am, except: 4.00 Film: George of the Jungle 2 U (2003) Comedy sequel, starring Chris Showman.

MOVIES

Sky Movies Drama

7.00 Wilder Days PG (2003) 8.40 Going for Broke PG (2003) 10.20 A Walk in the Clouds PG (1995) 12.20 Wilder Days PG (2003) With Peter Falk. 2.00 Brokeback Mountain 15 (2005) With Heath Ledger. 4.20 Going for Broke PG (2003) With Delta Burke. 6.00 A Walk in the Clouds PG (1995) With Keanu Reeves. 8.00 Brokeback Mountain 15 (2005) With Heath Ledger. 10.20 The Color of Money 15 (1986) With Paul Newman. 12.25 Lean On Me 18 (1988) With Morgan Freeman. 2.20 On a Clear Day 12 (2005) With Peter Mullan. 4.05 The End of Eden PG (1996)

Sky Movies Comedy

6.15 The Hitchhiker's Guide to the Galaxy PG (2005) 8.15 Three Men and a Little Lady PG (1990) 10.15 She's Having a Baby 15 (1988) 12.15 Meet the Fockers 12 (2004) With Ben Stiller. 2.15 The Fisher King 15 (1991) With Robin Williams. 4.35 Bad Manners 15 (1997) With David Strathairn. 6.10 The Hitchhiker's Guide to the Galaxy PG (2005) With Martin Freeman. 8.00 The Fisher King 15 (1991) With Robin Williams. 10.20 Romy and Michele's High School Reunion 15 (1997) With Mira Sorvino. 11.55 Meet the Fockers 12 (2004) With Ben Stiller. 1.55 She's Having a Baby 15 (1988)

With Kevin Bacon. 3.45 Bad Manners 15 (1997) 5.20 Three Men and a Little Lady PG (1990)

Sky Movies Action

7.05 Flight of the Phoenix 12 (2004) 9.05 Path of Destruction PG (2005) 10.45 The Escapist 15 (2001) 12.20 Kingdom of Heaven 15 (2005) With Orlando Bloom. 2.45 Escape from LA 15 (1996) With Kurt Russell. 4.30 Flight of the Phoenix 12 (2004) With Dennis Quaid. 6.25 The Escapist 15 (2001) With Jonny Lee Miller. 8.00 Kingdom of Heaven 15 (2005) With Orlando Bloom. 10.30 Escape from LA 15 (1996) With Kurt Russell. 12.15 American Ninja 18 (1985) With Michael Dudikoff. 1.55 I'll Sleep When I'm Dead 15 (2004) With Clive Owen. 3.55 Path of Destruction PG (2005) 5.40 Action & Thriller Close Up

(R) - repeat programme;

(T) - programme with teletext

subtitles;

(S) - programme broadcast

in stereo;

(bw) - black and white.

Sky Sports 1

6.00 Aerobics Oz Style 6.30 FIFA Futbol Mundial 7.00 Soccer AM: The Best Bits 8.00 Soccer AM: The Best Bits 9.00 Cricket AM 10.30 America's Cup Sailing 11.00 Adios Beckham: Revista De La Liga Special 12.30 America's Cup Sailing 1.00 FIFA Futbol Mundial 1.30 Live European Tour Golf. The International Open. 5.30 Adios Beckham: Revista De La Liga Special 7.00 Live European Under-21s Championship Football. The final (Kick-off 7.45pm). 10.00 Adios Beckham: Revista De La Liga Special 11.30 Masters Football 2.30 European Under-21s Championship Football 4.30 World Sport 5.00 Rally World 5.30 Moto Plus

Sky Sports 2

6.00 World Sport 6.30 America's Cup Sailing 7.00 Friday Fight Night 9.00 Premiership Years 11.00 International Rugby League 1.00 Rally World 1.30 Live Tennis. The Nottingham Open final. 2.30 Live Cricket: Twenty20 Cup. Nottinghamshire Outlaws v Lancashire Lightning. 6.00 Max Power 7.00 Moto Plus 7.30 Golf Night 10.00 America's Cup Sailing 11.30 Cricket: Twenty20 Cup 3.00 Rallyzone 3.30 International Rugby Union 5.30 Ginetta Championship

Sky Sports 3

6.00 Sports Unlimited 7.00 International Rugby League 9.00 Racing News 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 Live America's Cup Sailing. Coverage of the

opening day of the 32nd America's Cup Match. 4.00 Rally World 4.30 Moto Plus 5.00 WWE: Smackdown 7.00 WWE: Bottom Line 8.00 Rugby Union 10.00 WWE: Vengeance Preview 10.30 Extreme Championship Wrestling 11.30 WWE: Late Night - Smackdown 1.30 WWE: Vengeance Preview 2.00 WWE: Late Night - Bottom Line 3.00 Masters Football

British Eurosport

7.30 Eurosport Buzz 8.00 International Football 9.00 MotoGP 10.00 Live Beach Volleyball. The women's Paris-Île de France semifinals. 12.00 Sailing 12.30 euroCRASH! 1.00 Live MotoGP. Coverage of the British Grand Prix 125cc qualifying session. 1.45 Live MotoGP. The British Grand Prix MotoGP qualifying session. 3.00 Live MotoGP. The 250cc qualifying session for the British Grand Prix. 4.00 Live Rallying. The second day of the Intercontinental Rally Challenge from Belgium. 4.30 MotoGP 5.00 Eurosport Buzz 5.30 WTA Tennis 6.30 Volleyball 7.30 MotoGP 9.00 Live Boxing. Ruben Diaz v Levon Shonia. 10.00 Athletics 11.30 MotoGP 1.00 Close

Sky Sports Xtra

6.00 Rugby Union 8.00 Tight Lines 9.00 Bowls 11.00 Rally World 11.30 Friday Fight Night 1.30 Live International Rugby Union. South Africa v New Zealand (Kick-off 2.00pm). 4.00 Live Masters Football. The Yorkshire Masters. 7.00 Tennis 9.00 Max Power 10.00 Sports Unlimited 11.00 International Rugby Union 1.00 Tennis 3.00 Golf Night 5.30 Wild Spirits

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6.00 Breakfast. (T) 9.00 Sunday AM; (T) BBC News. (T) 10.00 Heaven & Earth with Gloria Hunniford. (T) 11.00 Countryside. (T) 12.00 The Politics Show. (T) 1.00 Keeping Up Appearances. (R) (T) 1.30 Cash in the Attic. (R) (T) 2.30 Murder, She Wrote. (R) (T) 3.20 EastEnders. (T)

5.05 Shaun the Sheep. A kite blows into the field. (R) (T)

5.15 Songs of Praise. Sally Magnusson travels down the River Avon, while historian Martin Palmer reveals how the waterway has been important to both the physical and spiritual landscape of the region. (T)

5.50 BBC News: Regional News; Weather. (T)

6.15 The Great British Village Show. Petworth house in West Sussex. (T)

7.00 Saving Planet Earth. New series. Alan Titchmarsh presents as a host of celebrities get involved in the work of global conservation charities and appeal for donations to help save the world's endangered wildlife. David Attenborough begins by exploring the impact human life has had on the planet, using footage from his global journeys to highlight the conflict between mankind and nature, and examine how the earth's landscape has been transformed over time. (T)

8.00 The Chase. Rick is keen to make his daughter's birthday special, while Deborah's return to work comes at a price. Plans are well underway for Sarah's wedding as Claudia and Paula arrange a surprise hen night, with Margaret providing an essential item - a bunny girl outfit. Starring Gaynor Faye and Nicola Stephenson. (T)

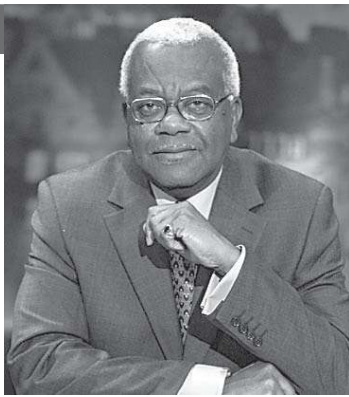
9.00 How We Built Britain. David Dimbleby travels west to discover the impact of Georgian architectural theory, exploring the man-made Stourhead garden in Wiltshire and taking in the grandeur of Oxfordshire's Blenheim Palace. He travels by sedan chair through Bath, taking the waters and extolling the virtues of the terraced house, visits the tin mines of Cornwall and crosses the Menai Bridge into Anglesey before ending his journey in the city of Dublin. (T)

10.00 BBC News; Weather. (T)

10.20 Medium. Allison disagrees with an FBI criminal profiler's findings when they seem to contradict the visions she has had about a murder case, while Joe becomes concerned about Marie. Paranormal drama, starring Patricia Arquette and Jake Weber. (T)

11.00 FILM: The Haunting (1999). Supernatural chiller, starring Liam Neeson; (T) Weatherview.

12.50 Sign Zone: The Science of Superstorms. (R) (T) 1.20 Sign Zone: Holby City. (R) (T) 2.20 Sign Zone: Antiques Roadshow. (R) (T) 3.20 Sign Zone: Trawlermen. (R) (T) 3.50 BBC News 24. (T)



BBC2

6.00 CBeebies: 6.00 Teletubbies; (R) (T) CBeebies Birthdays. (T) 6.30 Balamory. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Baffink. Double bill. The city grinds to a halt. (R) (T) 7.10 Legend of the Dragon. (R) (T) 7.30 Smile. Fun-packed magazine, with Barney Harwood. (T) 10.00 Something for the Weekend. (T) 11.30 Animal Park. (T) 12.15 MotoGP. Live coverage of the British Grand Prix. (T) 2.00 Live Athletics. Coverage of the second and final day of the European Cup. (T) 4.00 Rowing. Highlights of the World Cup regatta in Amsterdam. (T) 5.15 Glastonbury 2007. (T) 7.00 Summer Exhibition. Live from the Royal Academy, with Laurence Llewellyn-Bowen. Last in series. (T) 8.00 Coast. The team journey along the Welsh coastline and explore how Swansea's monopoly of the copper trade in the 18th and 19th centuries helped Admiral Nelson achieve victory at Trafalgar. (T) 9.00 Rome. Mark Antony prepares for the arrival of Cleopatra. (T) 9.50 Graham Norton Uncut. Extended edition, with Alice Cooper. (T) 10.30 Glastonbury 2007. Featuring a headline performance by the Who, along with highlights of sets by Corinne Bailey Rae, the Chemical Brothers, the Gossip, Kaiser Chiefs and Mika. Jo Whalley and Mark Radcliffe present. (T) 2.00 FILM: The Life of Stuff (1997). Drama, starring Ewen Bremner. (T) 3.30 Close.

Pick of the Day

News Knight with Sir Trevor McDonald (ITV1 Granada, 10pm)
Trevor McDonald may be one of Britain's most respected newsmen, and have a knighthood to prove it, but it seems he's keen to show the viewers he's capable of sending up the week's events as well as reporting them. He's already gone part of the way to earning his satirical stripes by guest-presenting Have I Got News For You, and now he's been given his own topical comedy show. Just in case we thought it was going to be a carbon copy of the aforementioned long-running BBC One news quiz, ITV1 are keen to reassure us that this won't be another panel quiz - instead it will see Trevor recapping the top stories from the week, and then inviting his team of comedians to come up with their own reports on the major talking points. Among those offering their comic opinions will be Marcus Brigstocke, who should be a familiar face to anyone who watches BBC Four. It's too early to say what topics they'll be concentrating on, but according to Trevor, it going to be good. "I've been a part of the news at ITV for over 30 years now and this new show will let me show viewers another side to my personality," he says. "I have a great team on board and I'm particularly excited about working with Marcus Brigstocke."

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Transworld Sport. (T) 8.00 Adrenalin Rush. 8.25 New Shoots: Films from Disabled Directors. (T) 8.55 T4: Popworld. (R) (T) 9.50 T4: Hollyoaks. (T) 12.20 T4: Friends. (R) (T) 12.50 T4: Big Brother's Little Brother. (T) 1.55 T4: Big Brother's Diary Room Uncut. (T) 3.00 T4: Smallville. (T) 4.00 T4: The Simpsons. (T) 4.30 T4: The Simpsons. (T) 5.00 Supernanny. A mother struggles with her aggressive children. (T) 5.55 A Place in the Sun: Home or Away. (R) (T) 6.55 Channel 4 News. (T) 7.15 Deal or No Deal. Noel Edmonds hosts the game show in which contestants try to guess the contents of mystery boxes. (T) 8.00 Big Brother: On the Couch. Davina McCall is joined by a team of experts to analyse the psychological effects of being in the most watched house in Britain. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 FILM: 28 Days Later (2002). A bicycle courier awakes from a coma to find the streets of London deserted - and soon learns the UK has been struck by a terrifying virus. Horror, starring Cillian Murphy. (T) 12.10 Big Brother's Diary Room Uncut. 1.10 Big Brother Live. 3.00 The Rise and Fall of Tony Blair. (R) (T) 5.00 The Insider. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake! Thomas & Friends. (R) (T) 6.10 Little Princess. (R) (T) 6.20 Sailor Sid. (R) (T) 6.25 Franny's Feet. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 The Milkshake! Show. (R) (T) 7.15 Mist: Sheepdog Tales. (R) (T) 7.25 Roary the Racing Car. (R) (T) 7.35 Make Way for Noddy. (R) (T) 7.55 Say It with Noddy. (R) (T) 8.00 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.25 The Book of Pooh. (R) (T) 9.00 Ebb and Flo. (R) (T) 9.05 Peppa Pig. (R) (T) 9.15 Fifi and the Flowerlots. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 Getting on the Property Ladder. (R) (T) 11.00 The Hotel Inspector. (R) (T) 12.00 Hidden Treasure Houses. (R) (T) 12.35 Russell Grant's Postcards. (R) (T) 12.45 five news update. (T) 12.50 FILM: Apache Drums (1951). Western, starring Stephen McNally. (T) 2.10 FILM: Up Periscope (1959). World War 2 adventure, with James Garner. (T) 4.15 FILM: K-911 (1999). Cop comedy sequel, starring James Belushi. (T) 6.00 five news and sport. (T) 6.20 Everybody Hates Chris. (T) 6.45 Everybody Hates Chris. (T) 7.10 Joey. Candance's grandmother appears in a musical. (T) 7.35 Joey. Zach discovers some Native American artefacts. (T) 8.00 FILM: Fools Rush In (1997). Includes five news update at 8.55. (T) 10.00 Vanished. The evidence against Ben Wilson becomes more damning and he is brought in for questioning by the FBI. A reservoir is dredged in the hope of finding further clues. (T) 11.00 Killer Instinct. (R) (T) 12.00 Disorderly Conduct. (T) 1.00 Major League Baseball. 3.55 Kickboxing: Now Is the Time - Night of Combat. 4.45 Major League Soccer.

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 CITV: Art Attack. (R) (T) 9.45 Prove It! 10.10 Planet Sketch. (R) (T) (S) 10.15 Jim Jam & Sunny. (T) 10.30 Jim Jam & Sunny. (T) 10.40 Pocoyo. (T) 10.50 Jim Jam & Sunny. (T) 11.05 Jim Jam & Sunny. (T) 11.20 FILM: Homebound Bound: The Incredible Journey (1993). Heart-warming adventure, with the voice of Michael J. Fox. (T) 12.50 ITV News and Weather. (T) 12.55 London Today. (T) 1.00 FILM: The Likely Lads (1976). Comedy, starring James Bolam. (T) 2.40 FILM: Agatha Christie's Murder with Mirrors (1985). Mystery, starring Helen Hayes. (T) 4.30 Dream Homes. (T)

5.30 The Unforgettable Arthur Lowe. Tribute to the versatile comedy actor, best remembered as the pompous Captain Mainwaring in Dad's Army. Featuring contributions from Bill Pertwee and Malcolm McDowell. (R) (T)

6.00 The Way We Were. Coronation day for London's Pearly royal families. (T)

6.25 London Tonight; Weather. (T)

6.40 ITV News and Weather. (T)

7.00 Emmerdale. Eric faces a dilemma when Alan suggests he ask the council to help Pearl, while Diane hastily arranges a holiday for her and Jack. Rosemary continues to manipulate Percy. (T)

7.30 Coronation Street. Claire still isn't convinced of Casey's innocence, and tries to catch her out, while Steve tries to buy a little time with Michelle by booking a Spanish holiday for her and Ryan - but is disappointed to discover she'd rather take her son away by herself. Janice gets reacquainted with old pal Roger - and is keen to know whether they're going to be more than just good friends. (T)

8.00 Heartbeat. Gina and Phil make the final preparations for their big day, but the groom suffers a case of pre-wedding nerves. The village grows concerned when an elderly resident disappears. (T)

9.00 Talk to Me. Claire returns from honeymoon and is shocked and jealous to see Mitch and new boss Cassie on a date together. Alfie feels more let down than ever when her night out ends in disaster, prompting her to attend a dubious self-help group. Meanwhile, Kelly decides to break up with Aaron and convinces Scott to try for a baby - but her husband is plotting an unimaginable betrayal. (T)

10.00 News Knight with Sir Trevor McDonald. (T)

10.30 ITV News and Weather; Weather. (T)

10.45 The South Bank Show. Melvyn Bragg presents a portrait of singer-songwriter Marianne Faithfull, who shot to fame in 1964 with her first release As Tears Go By, co-written by Mick Jagger and Keith Richards. In Paris during her recent concert tour, she talks about her celebrated career and numerous battles with personal demons. The programme also includes footage of Marianne as a young woman. (T)

11.50 Faith and Music. Mica Paris discusses her faith. (R) (T)

12.50 British Touring Car Championship. (T) 1.20 Gitterball. (T) ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1
0700 Brincar Bricar 0900 O Homen dos Leões 0930 Extreme Jobs 1000 Eucaristia Dominical 1100 Criar um Urso Negro Bebê 1200 A Minha Sogra é uma Bruxa 1230 Contra-Infamação 1300 News 1415 So Visto 1515 Prison Break 1600 1615 Rush Hour 2 1800 Greys Anatomy 2000 Mews 2130 Gato Fedorento 2300 Sin City, film

RTP2
0645 Meteorology 0700 Euronews 0830 Afric@global 0900 Caminhos 0930 70x7 1000 Nós 1100 Da Terra Ao Mar 1130 Consigo 1230 Olhar o Mundo 1300 Discovery Hour 1345 Vida 1445 A Voz do Cidadão 1500 Sport 1900 A Revolta dos Pastéis de Nata 200 Teen Titans 2030 Futurama 2100 Bombordo 2130 A Alma e a Gente 2200 News 2230 Diga lá Excelência 2315 Britcom 0000 Onda Curta, short filmes 0215 Desporto 0615 Euronews

SIC
0645 Sic Kids 0830 Floribela 1000 Fátima 1300 News 1400 Film TBA 1645 Film TBA 1900 CSI Las Vegas 2000 News 2115 Film TBA 2345 Hora H 0030 CSI Miami 0130 Film TBA 2345 Hora H 0030 CSI Miami 0130 Pollock, film 0330 O Bairro da Fonte

TVI
0645 Children's TV 0900 Disney Kids 1100 Uma Aventura Perigosa 1200 BBC Wild Life 1300 News 1345 Film TBA 1530 Film TBA 1830 Film TBA 1900 News 0130 Mr Saint Nick

Best of the Rest

BBC3
7.00 Glastonbury 2007 8.00 Doctor Who 8.45 Glastonbury 2007 10.00 Glastonbury 2007 12.00 Glastonbury: The Best Bits 2.00 Touch Me, I'm Karen Taylor 2.30 Two Pints of Lager and a Packet of Crisps 3.00 Two Pints of Lager and a Packet of Crisps 3.30 Touch Me, I'm Karen Taylor 4.00 Close

BBC4
7.00 Classic Britannia 8.00 Yes Minister 9.00 How to Be an Ex-Prime Minister 10.00 Britain in Pictures 10.30 Glastonbury 2007 12.00 How to Be an Ex-Prime Minister 1.00 Cooking in the Danger Zone 2.00 Classic Britannia 3.00 How to Be an Ex-Prime Minister 4.00 Close

ITV2
3.15 Film: Dennis PG (1993) 4.55 Coronation Street 7.00 The Planet's Funniest Animals 7.30 America's Got Talent 9.00 Supernatural 10.00 Film: The Silence of the Lambs 18 (1990) 12.20 Coronation Street 12.50 Tranny & Susannah Undress 1.50 Glitterball: ITV Play 4.00 Teleshopping 6.00 Close

Sky One
1.00 So You Think You're Royal? 2.00 Star Trek: The Next Generation 3.00 Star Trek: The Next Generation 4.00 Project Runway 5.00 Malcolm in

the Middle 5.30 Malcolm in the Middle 6.00 The Simpsons 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 Pirate Master 9.00 Film: Braveheart 15 (1995) 12.20 Syed Ahmed - Hot Air? 1.20 Deadwood 2.25 Death by Excess 3.15 Star Trek: The Next Generation 4.05 Star Trek: The Next Generation 4.55 Footballers' Pads 5.10 Star Trek: Voyager

UKTV Gold
1.30 Only Fools and Horses 2.35 Only Fools and Horses 3.40 Only Fools and Horses 5.00 Planet Earth 6.00 The Blue Planet 7.00 Only Fools and Horses 8.10 The Vicar of Dibley 9.00 Dalziel & Pascoe 11.20 The Royle Family 12.00 Prison Break 12.55 Prison Break 1.55 Silent Witness 3.50 Dallas 4.40 Dallas 5.35 Neighbours

TCM
3.00 The Hill PG (1965) 5.20 The Red Badge of Courage U (1951) 6.40 Major Dundee PG (1965) 9.00 Where Eagles Dare PG (1968) 11.30 Behind the Scenes: Where Eagles Dare 12.00 Kelly's Heroes PG (1970) 2.25 Teleshopping 2.40 Objective, Burma! PG (1945)

The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.00 Unstrung Heroes PG (1995) 7.40 The Story of an African Farm PG (2004) 9.25 Little Man Tate PG (1991) 11.10 See Arnold Run 12 (2005) With Jurgen Prochnow. 12.50 Unstrung Heroes PG (1995) With Andie MacDowell. 2.30 Get Rich or Die Tryin' 15 (2005) With Curtis "50 Cent" Jackson. 4.30 Little Man Tate PG (1991) With Jodie Foster. 6.15 The Story of an African Farm PG (2004) With Richard E Grant. 8.00 Get Rich or Die Tryin' 15 (2005) With Curtis "50 Cent" Jackson. 10.00 See Arnold Run 12 (2005) With Jurgen Prochnow. 11.35 Casanova 12 (2005) With Heath Ledger. 1.35 The Players Club 18 (1998) With LisaRaye. 3.35 The Runner 15 (1999) 5.25 The Story of an African Farm PG (2004)

Sky Movies Comedy

7.10 Max Rules: Adventures of a Superspy U (2005) 8.45 Dear God PG (1996) 10.40 American Pie Presents: Band Camp 15 (2005) 12.30 Max Rules: Adventures of a Superspy U (2005) 2 (2005) With William B. Davis. 2.00 The Matador 15 (2005) With Pierce Brosnan. 4.00 Dear God PG (1996) 6.10 Hitch 12 (2005) With Will Smith. 8.00 The Matador 15 (2005) With Pierce Brosnan. 10.00 American Pie Presents: Band Camp 15 (2005) With Eugene Levy. 11.35 Hitch 12 (2005) With Will Smith. 1.40 Twin Town 18 (1997) With Rhys Ifans. 3.25 An Alan Smithee Film: Burn, Hollywood, Burn 12 (1997) 4.55 Max Rules: Adventures of a Superspy U (2005)

Sky Movies Action
6.10 Volcano: Fire on the Mountain PG (1997) 7.55 Paparazzi 15 (2005) 9.35 The Fourth Angel 15 (2001) 11.25 Diplomatic Siege 15 (1999) With Tom Berenger. 1.05 Volcano 12 (1997) With Tommy Lee Jones. 3.00 Paparazzi 15 (2005) With Cole Hauser. 4.40 The Fourth Angel 15 (2001) With Jeremy Irons. 6.20 Diplomatic Siege 15 (1999) With Tom Berenger. 8.00 Volcano 12 (1997) With Tommy Lee Jones. 10.00 Flatliners 15 (1990) With Julia Roberts. 12.00 Naked and Sexual 18 (2005) With Shyla LaVaeux. 1.40 Captive 15 (1998) With Richard Grieco. 3.20 The Passion of Darkly Noon 18 (1995) 5.20 Volcano: Fire on the Mountain PG (1997)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 America's Cup Sailing 7.30 European Under-21s Championship Football 9.30 Cricket Writers on TV 10.30 World Sport 11.00 European Under-21s Championship Football 1.00 Live European Tour Golf. The International Open. 5.00 World Sport 5.30 Moto Plus 6.00 Live Motor Racing. The Iowa Corn Indy 250. 8.30 Rally World 9.00 WWE Wrestling Special: New and Improved DX 10.00 WWE: Vengeance Preview 10.30 WWE: Late Night - Afterburn 11.30 WWE: Late Night - Heat 12.30 WWE: Vengeance Preview 1.00 Cricket: Twenty20 Cup 4.30 Close

Sky Sports 2

6.00 Sports Unlimited 7.00 World Sport 7.30 Premiership Years 9.30 Adios Beckham: Revista De La Liga Special 11.00 America's Cup Sailing 12.30 International Rugby Union 2.30 Live Cricket: Twenty20 Cup. Surrey Brown Caps v Hampshire Hawks. 6.00 European Under-21s Championship Football 8.00 Golf Night 10.30 America's Cup Sailing 12.00 Sailing 1.00 Golf Night 4.00 Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Rallyzone 7.00 Powerboating 7.30 Wild Spirits 8.00 WWE Wrestling Special: New and Improved

Sky Sports Xtra

DX 9.00 WWE: Afterburn 10.00 WWE: Heat 11.00 Wild Spirits 11.30 Racing News 12.00 WWE Wrestling Special: New and Improved DX 1.30 Live America's Cup Sailing. Coverage of the second day of the 32nd America's Cup Match. 4.00 Powerboating 4.30 Ginetta Championship 5.00 WWE: Experience 6.00 Sailing 7.00 Watersports World 8.00 Cricket: Twenty20 Cup 11.30 Race World 12.30 Powerboating 1.00 America's Cup Sailing 2.30 Close

British Eurosport

7.30 Eurosport Buzz 8.00 Beach Volleyball 9.00 MotoGP 10.00 MotoGP 10.30 Live MotoGP. An introduction to the British Grand Prix. 11.00 Live MotoGP. Coverage of the British Grand Prix 250cc race. 12.15 Live MotoGP. The British Grand Prix MotoGP race. 2.00 Live MotoGP. The 125cc race of the British MotoGP. 3.15 Live Beach Volleyball. The women's Paris-Isle de France final. 5.00 Athletics 8.00 MotoGP 10.30 Motorsports Weekend 11.00 Athletics 12.00 Motorsports Weekend 12.30 Close

Sky Sports Xtra

6.00 Max Power 7.00 Masters Football 10.00 Tennis 12.00 Masters Football 3.00 Premiership Years 5.00 World Ten Pin Masters 6.00 Women's Pool 7.00 Soccer AM: The Best Bits 8.00 Soccer AM: The Best Bits 9.00 Premiership Years 11.00 Motor Racing 1.30 Premiership Years 3.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 Don't Get Done, Get Dom. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Car Booty; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Wimbledon 2007. Live coverage from day one at the All England Club. Coverage continues on BBC2. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 Saving Planet Earth. Will Young travels to Cameroon to find out how young gorillas are being orphaned by the Bush meat trade and meets scientists in Gabon who are studying the animals in their natural habitat. (T)

7.30 Blackpool Medics: 10 Days in May. Matron Gaby Webster cares for a centenarian who fell down the steps of her hotel, while gastroenterologist Dr Nigel Shorrock treats a woman vomiting blood. Last in series. (T)
8.00 EastEnders. May is forced to flee from the hospital as her plans for Dawn's baby are thwarted. Stacey can't face a date with Bradley and makes her excuses, while Stella is missing Ben. (T)

8.30 Panorama. John Ware investigates Gordon Brown's history of telling the truth and political spin as his ascension to the position of British prime minister draws near. (T)

9.00 New Tricks. The team investigate a long-running feud between two family ice-cream businesses, which resulted in a shooting and several armed raids 10 years ago. Standing enlists the aid of his daughter in cracking the case, and she discovers evidence of drug dealing - but Pullman does not approve of her involvement. With Dennis Waterman and Amanda Redman, alongside guest star Jodie Kelly. (R) (T)

10.00 BBC News at Ten O'Clock. (T)
10.30 Regional News; Weather. (T)
10.35 The Tower. New series charting the regeneration of the notoriously troubled Peeps Estate in south London as developers transform the run-down council high-rise buildings into luxury riverside apartments. The programme follows the redevelopment from the perspective of long-time residents, including heroin addict Leol and local bar manager Doug, and those moving into the chic new homes. (T)

11.25 FILM: The Wedding Tackle (2000). Comedy, starring James Purefoy; (T) Springwatch Weatherview.

1.00 Sign Zone: The Lost World of the Raj. (R) (T) 2.00 Sign Zone: How We Built Britain. (R) (T) 3.00 Sign Zone: Trawlermen. (R) (T) 3.30 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Fimbly Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.15 ChuckleVision; (R) (T) Newsround. (T) 7.30 Clutter Nutters. (R) (T) 8.00 The Story of Tracy Beaker. (R) (T) 8.15 Krypto the Superdog. (T) 8.30 CBeebies: Take a Bow. (T) 8.35 Jakers! (R) (T) CBeebies Birthdays. (T) 9.00 Boogie Beebies. (T) 9.15 Toddworld. (T) 9.30 Big Cook Little Cook. (R) (T) 9.50 Charlie and Lola. (R) (T) 10.00 Teletubbies. (R) (T) 10.30 Wimbledon 2006: The Official Review; (T) Coast. (R) (T) 11.30 The Daily Politics. (T) 12.00 Wimbledon 2007. The opening day of this year's All England Championships. (T) 3.25 CBBC: ChuckleVision. (R) (T) 3.40 Arthur. (R) (T) 4.05 Stupid. (R) (T) 4.30 SMat. (R) (T) 5.00 Serious Andes. (T) 5.25 Newsround. (T) 5.35 Shaun the Sheep. (R) (T) 5.50 Wimbledon 2007. Further live coverage on day one of the All England Championships. (T) 8.00 Today at Wimbledon. John Inverdale presents highlights from the opening day of the third Grand Slam of the year, including the first game of Roger Federer's singles title defence on Centre Court. (T) 9.00 Peter and Dan Snow: 20th Century Battlefields. Key conflicts of the Korean War. (T) 10.00 Have I Got Old News for You. Michael Buerk takes the hottest as guest host in the satirical current affairs quiz with MP Diane Abbott and David Mitchell, plus regulars Paul Merton and Ian Hislop. (R) (T) 10.30 Newsnight. (T) 11.20 Balderdash & Piffle. (R) (T) 11.50 FILM: Bronco Billy (1980). Comedy Western, starring Clint Eastwood. (T) 1.40 BBC News 24. 2.00 BBC Learning Zone.

Pick of the Day

Fifth Gear (five, 8pm)

Vicki Butler-Henderson and the team get their hands on some more dream machines, and put them through their paces as only they know how. Here, Vicki is given the keys to the latest BMW X5 4.8i. Costing over £50,000, this impressive machine can reach 150mph - but will it be fast enough to tow champion wakeboarder Matt Crowhurst behind it? Jonny Smith, meanwhile, claims to be a chip-fat evangelist. He has been running an unmodified diesel Mercedes on nothing but used vegetable oil. In this episode, he goes to meet another pioneer of alternative fuels, Henry Hobhouse - a Somerset cider farmer who uses rotten apples from his vineyard to produce methane to power his Jaguar. The two race head-to-head to find out which eco-friendly fuel is fastest: chip fat or apple juice? Elsewhere, Yvette Fielding - former Blue Peter presenter and mastermind of cult favourite eMosh Haunted - reveals she is a secret petrolhead with an impressive collection of sports cars, including three Aston Martin! After showing Fifth Gear around the garages at her impressive Cheshire farm, Yvette is invited to road-test her dream car, a rare Porsche replica of the classic 356 Speedster. Beside herself with glee, Yvette leaps at the chance to get behind the Porsche's wheel, and inevitably decides that she must have one.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Just Shoot Me. (R) (T) 7.30 Big Brother's Little Brother. (R) (T) 8.30 Big Brother. (R) (T) 9.30 Will & Grace. (R) (T) 10.00 ER. A baby chimpanzee receives treatment. (R) (T) 10.50 Without a Trace. (R) (T) 11.45 In Your Dreams. (R) (T) 12.00 News at Noon. (T) 12.30 How Clean Is Your House? (R) (T) 1.00 FILM: Waterloo (1970). Historical drama, starring Rod Steiger and Christopher Plummer. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Blair's Children. New series. Young adults relate their experiences of growing up on South London's Aylesbury Estate, where Tony Blair made his first speech as Prime Minister in 1997. (T) 8.00 The Rise and Fall of Tony Blair. Conclusion. The Prime Minister's attempts to deliver on his pledges. (T) 9.00 Cutting Edge: The Man Who Lost Himself. The story of Patrick Savidge who had to forge a new relationship with his family when he lost 16 years of memory following a car crash which left him in a coma. (T) 10.00 Big Brother. The past 24 hours in the house. (T) 11.05 Tony Blair: My Part In His Downfall. (T) 12.10 Sex and the City. (R) (T) 12.45 Sex and the City. (R) (T) 1.25 Big Brother Live. 3.45 Six Feet Under. (R) (T) 4.45 FIA World Touring Car Championship. 5.15 The America's Cup Story.

FIVE

6.00 Milkshake!: Thomas & Friends. (R) (T) 6.10 Little Princess. (R) (T) 6.20 Mio Mao. (R) (T) 6.25 Franny's Feet. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 Hi-5. (T) 7.20 Hana's Helpline. (T) 7.30 Rupert Bear. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Say It with Noddy. (R) (T) 8.05 Fifi and the Flowerpots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Miss Spider's Sunny Patch Friends. (R) (T) 8.50 Insect Antics. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 House. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.40 The 70s. (R) (T) 3.25 five news update. (T) 3.30 FILM: Perry Mason: The Case of the Musical Murder (1989). Detective drama, starring Raymond Burr. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Becker. (R) (T) 7.00 five news. (T) 7.15 Mean Machines of War. The World War Two US Navy patrol torpedo boat; (R) (T) 7.15 five news update. 8.00 Fifth Gear. Jonny Smith learns about alternative fuel sources; (T) 8.00 five news at 9. 9.00 Beat It. A 13-year-old with a severe stammer. (T) 10.00 FILM: Fallen (1998). A cop investigating a series of grisly murders hunts for a demonic entity with the power to jump from one body to another. Effective supernatural thriller, with Denzel Washington. (T) 12.30 NASCAR. 1.20 US PGA Golf. 2.00 ITU Triathlon. 2.50 Boxing USA. 4.00 European Drag Racing. 4.25 Football Argentina. (R)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Kyle's Academy. (T) 2.59 London Weather. (T) 3.00 Inspector Morse. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the game show based on life-changing amounts of cash hidden inside Golden Balls. (T)

6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Louise persuades Terry to visit his father Duke after learning he has been attacked, while Val and Sharon continue to bicker. Percy is thrilled when Grayson arranges a picnic. (T)

7.30 Coronation Street. Leanne's hopes of owning her own restaurant are seemingly dashed by Carla's refusal to join the venture, while Roy worries Hayley is working too hard covering for factory boss Liam. (T)

8.00 Identity Crisis: Tonight. (T)

8.30 Coronation Street. Leanne is desperate to buy the restaurant on her own and talks to the owner, who agrees to let her pay the balance of the money in instalments. But she's still short, so decides to go back to escorting - much to Janice's horror. There's tension at the factory after Fiz plays a joke on temporary manager Hayley, while Blanche is disappointed when her wake turns out to be rather low-key - but that's nothing compared with her reaction when the guests share their memories of the "deceased". (T)

9.00 The Time of Your Life. Haunted by the possibility that she is responsible for Brian's death, Kate tries to relieve her hedonistic teenage years by moving in with Sally, who encourages her to relieve some tension by having a one-night stand. Meanwhile, her parents attempt to put on an united front for her benefit but find it difficult to put their differences behind them. Amanda decides to retrain as a lawyer and Joe reveals that he still holds a torch for Kate. Genevieve O'Reilly and Anna Wilson-Jones star. (T)
10.00 24 Hours With. Jamie Campbell spends a day with former Blue singer Lee Ryan, who talks about the breakdown of his engagement to ex-Atomic Kitten star Liz McClarnon and his belief in aliens and UFOs. (T)

10.30 ITV News; Weather. (T)
11.00 FILM: Die Hard (1988). Violent action thriller, with Bruce Willis. (T)

1.20 Glitterball; (T) ITV News Headlines. 4.05 The Jules and Lulu Show. (R) (T) 4.35 The Jules and Lulu Show. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal
1000 Praça da Alegria
1300 News 1410 Los Ricos Tambien Lloran
1530 O Pátio das Cantigas, film
1715 Lingo 1800 Portugal em Directo 1915 O Preço Certo 1955 Direito de Antena 2000 News 2100 Notas Solitas 2130 Um Contra Todos 0115 Chat Noir, Chat Blanc, film

RTP2

0730 Zig Zag, cartoons
1330 The OC 1545 Fire Within 1645 A Minha Família e Outros Animais 1800 Pica 1830 A Fé dos Homens 1945 Zig Zag 2015 Pica 2045 Sim Amor 2115 A Alma e a gente 2145 A Hora da Sorte 2200 News 2230 Perto de Casa 2300 Mundos

SIC

0645 Sic Kids 0230 Fliribella 1000 Fátima 1300 News 1415 O Profeta 1515 Contacto 1715 Fliribella 1915 Pé Na Jaca 2000 News 2115 Páginas da Vida 2315 Jura 0115 The Tie That Binds, film 0300 Bang Bang 0345 Olhar de Serpente

TVI

0700 Diário da Manhã 1000 Você na TV 1300 News 1400 Tu e Eu 1515 Doce Fugitiva 1630 Quem Quer Ganhar 1730 Morangos com Açúcar 2000 News 2215 Tempo de Viver 0015 Another Meltdown, film

Best of the Rest

BBC3

7.00 The Scam Squad 7.30 Glastonbury: The Best Bits 7.30 The Real Hustle 9.00 It's Cos I Is Black? 10.00 EastEnders 10.30 Touch Me, I'm Karen Taylor 11.00 Two Pints of Lager and a Packet of Crisps 11.30 Two Pints of Lager and a Packet of Crisps 12.00 Glastonbury: The Best Bits 1.00 Touch Me, I'm Karen Taylor 1.30 The Scam Squad 2.00 Two Pints of Lager and a Packet of Crisps 2.30 Two Pints of Lager and a Packet of Crisps 3.00 Make Me a Baby 4.00 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Masterpieces of the East 8.00 Bill Oddie's Top 10 Birds 9.00 Women's Institute 10.00 Life on Mars 11.00 Masterpieces of the East 11.30 Britain in Pictures 12.00 Indian School 12.30 Women's Institute 1.30 Bill Oddie's Top 10 Birds 2.30 Britain in Pictures 3.00 Women's Institute 4.00 Close

ITV2

1.00 The Jeremy Kyle Show 2.00 Sally Jessy Raphael 2.50 Movies Now 3.00 The Jeremy Kyle Show 4.05 Ricki Lake 4.50 Airline USA 5.20 Judge Judy 7.00 The New Adventures of Superman 8.00 Celebrity Friends: Gone Bad 8.30 Breaking Up with Shannen Doherty 9.00 Film: Murder by Numbers 15 (2002) 11.25 Coronation Street 11.55 Coronation Street 12.25 Film: Mary Shelley's Frankenstein 15 (1994) 2.30 Glitterball: ITV Play 4.00 Teleshopping 6.00 Close

Sky One

1.00 Cold Case 2.00 24 3.00 Las Vegas 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Malcolm in the Middle 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Film: Rocky IV PG (1985) 10.40 Street Wars 11.40 Nip/Tuck 12.40 Star Trek: Voyager 1.35 Mile High 2.25 The Villa 3.15 America's Tiniest Weddings 4.05 Guilty! 4.55 Futurama: Welcome to the World of Tomorrow 5.10 Star Trek: Voyager

UKTV Gold

1.00 Film: Carry On Don't Lose Your Head PG (1966) 3.00 Some Mothers Do 'Ave 'Em 3.40 Keeping Up Appearances 4.20 dinnerladies 5.00 Dallas 6.00 New Tricks 7.00 Film: Carry On Don't Lose Your Head PG (1966) 9.00 Only Fools and Horses 10.10 One Foot in the Grave 10.50 Little Britain 11.30 The Worst Week of My Life 12.10 Prison Break 1.10 Prison Break 2.05 Room 101 2.35 Room 101 3.05 One Foot in the Grave 3.35 One Foot in the Grave 4.10 Yes Minister 4.40 Merseybeat 5.35 Neighbours

TCM

3.00 High Society U (1956) 5.00 The Picture of Dorian Gray PG (1945) 7.00 Hot Millions U (1968) 9.00 There's a Girl in My Soup 15 (1970) 10.50 Elvis on Tour PG (1972) 12.35 The Outrage 15 (1964) 2.15 Teleshopping 2.35 The Comedians PG (1967)

The Disney Channel

Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

7.10 A Child's Cry for Help PG (1994) 8.55 A Time to Decide PG (2000) 10.40 Redemption of the Ghost PG (2001) 12.40 A Child's Cry for Help PG (1994) With Veronica Hamel. 2.20 The Top 10 Show 2.40 Lackawanna Blues 12 (2005) With Marcus Franklin. 4.20 A Time to Decide PG (2000) With Patty Duke. 6.00 Redemption of the Ghost PG (2001) With Diane Ladd. 8.00 Two for the Money 15 (2005) With Al Pacino. 10.05 Mississippi Burning 18 (1988) With Gene Hackman. 12.15 Stay 18 (2005) With Ewan McGregor. 2.00 Piccadilly Jim 15 (2004) With Sam Rockwell. 3.45 Mickybo and Me 15 (2004) 5.30 A Child's Cry for Help PG (1994)

Sky Movies Comedy

6.20 Fletch PG (1985) 8.05 Two Much PG (1996) 10.15 Picture Perfect PG (1997) 12.00 Who Is Cletis Tout? 15 (2001) With Christian Slater. 1.40 Two Much PG (1996) With Antonio Banderas. 3.45 In Her Shoes 12 (2005) With Cameron Diaz. 6.00 Picture Perfect PG (1997) With Jennifer Aniston. 8.00 The Full Monty 15 (1997) With Robert Carlyle. 9.35 In Her Shoes 12 (2005) With Cameron Diaz. 11.50 Who Is Cletis Tout? 15 (2001) With Christian Slater. 1.30 Bad News Bears 12 (2005) With Billy Bob Thornton. 3.30

Grind 12 (2003) 5.20 Fletch PG (1985)

Sky Movies Action

6.55 In the Line of Duty: Siege at Marion PG (1992) 8.40 The Haunting of Helen Walker 15 (1995) 10.25 The Top 10 Show 10.45 Revolver 15 (2005) 12.45 The Peacemaker 15 (1997) With George Clooney. 2.55 The Haunting of Helen Walker 15 (1995) With Valerie Bertinelli. 4.30 Revolver 15 (2005) With Jason Statham. 6.30 Red Eye 12 (2005) With Rachel McAdams. 8.00 The Peacemaker 15 (1997) With George Clooney. 10.05 Black Rain 18 (1989) With Michael Douglas. 12.15 Red Eye 12 (2005) With Rachel McAdams. 1.45 The Trigger Effect 15 (1996) With Kyle MacLachlan. 3.25 Crimes of Passion: Sleepwalker 15 (1996) 5.00 In the Line of Duty: Siege at Marion PG (1992)

(R) - repeat programme;

(T) - programme with teletext

subtitles;

(S) - programme broadcast in

stereo;

(bw) - black and white.

Sky Sports 1

6.00 Sailing 7.00 WWE: Bottom Line 8.00 Cricket: Twenty20 Cup 11.30 Sky Sports Classics 12.00 Golf Night 2.30 America's Cup Sailing 4.00 Adios Beckham: Revista De La Liga Special 5.30 Live Cricket: Twenty20 Cup. Gloucestershire Gladiators v Worcestershire Royals. 9.00 Golf Special 10.30 Cricket: Twenty20 Cup 2.00 Golf Special 3.30 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean 7.00 America's Cup Sailing 8.30 Golf Night 11.00 America's Cup Sailing 12.30 Soccer AM: The Best Bits 2.30 Motor Racing 5.00 Golf Night 7.30 Live Speedway. Wolverhampton Wolves v Poole Pirates. 9.30 Moto Plus 10.00 Hockey 11.00 Speedway 1.00 World Motor Sport 3.30 Close

Sky Sports 3

8.30 Motor Racing 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Ocean 1 2 3 0 Cricket: Twenty20 Cup 4.00 Sky Sports Classics 4 3 0 Powerboating 5.00 WWE: Raw 7.00 Wild Spirits 7.30 Live Winning Post Coverage



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BBC1

6.00 Breakfast. (T) 9.15 Don't Get Done, Get Dom. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Car Booty; (R) (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Wimbledon 2007. Further live coverage of Ladies' Day at the All England Club. Coverage continues on BBC2. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 Saving Planet Earth. Fiona Bruce investigates the plight of Bengal tigers, driven close to extinction by poaching and the destruction of their natural habitat. She finds out about conservation project Tiggers Forever, who plan to create large areas of protected land and help local people relocate away from them, and has a close encounter with three of the big cats in India's Bandavgarh National Park. (T)

7.30 EastEnders. Dawn worries she might not make a good mother and Peggy encourages Stella to invite more guests to the wedding. Bradley is caught out looking for clues about Stacey's mystery man. (T)

8.00 HollyBlue. Harry tries to avoid prosecution by offering John and Luke evidence on Stenga, while an old woman who claims to know about forthcoming crimes visits the station. Last in series. (T)

9.00 Lenny's Britain. Lenny Henry visits the seaside resort of Blackpool to examine the sense of humour of people on holiday, including the old-fashioned cheeky post-card image often associated with a break by the sea, groups of women on hen nights and drag acts. He also visits the Midlands to reminisce with school friends about their teenage years. (T)

10.00 BBC News at Ten O'Clock. (T)

10.30 Regional News; Weather. (T)

10.35 Children Fighting Cancer. Scientists try to understand how leukaemia occurs by studying three-year-old identical twin Olivia, and discover germ-free homes may cause the immune system's early development to falter. However, their investigation is of little comfort to the child's parents, who grow worried her sister may also fall ill. Plus, the treatment of a boy who needs a mobility cart following months of chemotherapy. (T)

11.15 FILM: The Mexican (2001). Comedy thriller, starring Brad Pitt; (T) Weatherview.

1.15 Sign Zone: See Hear. (R) (T) 1.45 Sign Zone: Natural World. (R) (T) 2.35 Sign Zone: Blue Suede Jew. (R) (T) 3.35 Sign Zone: Trawlermen. (R) (T) 4.05 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Fimbley Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.15 ChuckleVision; (R) (T) Newround. (T) 7.30 Clutter Nutters. (R) (T) 8.00 The Story of Tracy Beaker. (R) (T) 8.15 Krypto the Superdog. (R) (T) 8.30 CBeebies: Take a Bow. (T) 8.35 Jakers! (R) (T) CBeebies Birthdays. 9.00 Boogie Beebies. (T) 9.15 Toddworld. (T) 9.30 Big Cook Little Cook. (R) (T) 9.50 Charlie and Lola. (R) (T) 10.00 Teletubbies. (R) (T) 10.30 Yesterday at Wimbledon. (T) 11.30 The Daily Politics. (T) 12.00 Wimbledon 2007. Live coverage of Ladies' Day at the All England Club. (T) 3.25 CBBC: ChuckleVision. (R) (T) 3.40 Arthur. (R) (T) 4.05 Stupid. (R) (T) 4.30 Roman Mysteries. (R) (T) 5.00 Blue Peter. (T) 5.25 Newround. (T) 5.35 Shaun the Sheep. (R) (T) 5.50 Wimbledon 2007. The closing stages of the first round at the All England Club. (T) 8.00 Today at Wimbledon. A round-up of Ladies' Day at the All England Championships. (T) 9.00 Paris. New series. Sandrine Voillet presents a guide to Paris, beginning with the Louvre, a fairy-tale park and a restaurant known for its boudoir lounges, as well as a look at the city's history. (T) 10.00 Sensitive Skin. New series of the sitcom, starring Joanna Lumley. Davina attempts to start her life again six months after the death of her husband and embarks on a journey to find happiness once more. (T) 10.30 Newsnight. (T) 11.20 Castrato: BBC Four on BBC Two. (T) 12.20 BBC News 24. 2.00 BBC Learning Zone. (T)

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Just Shoot Me. (R) (T) 7.25 Big Brother's Little Brother. (T) 7.55 Big Brother. (R) (T) 8.55 Frasier. (R) (T) 9.25 Will & Grace. (R) (T) 9.50 ER. Neela and Gallant decide to get married. (R) (T) 10.45 Without a Trace. (R) (T) 11.40 Supporting Acts. (R) (T) 12.00 News at Noon. (T) 12.30 Water Stories. (R) (T) 12.40 How Clean Is Your House? (R) (T) 1.10 FILM: A Man Called Peter. (1955). Fact-based drama, starring Richard Todd. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Blair's Children. Gun crime on south London's Aylesbury Estate. (T) 8.00 3 Fat Bricks, 1 Thin Dress. New series. Gillian McKride helps brides-to-be lose weight. (T) 9.00 Gordon Ramsay's F Word. The chef teaches Cat Deeley about champagne, before being advised on how to look good in the kitchen by stylist Gok Wan. Plus, a group of ex-Army captains cook a three-course meal. (T) 10.00 Big Brother. The past 24 hours in the house. (T) 11.05 Blair's Vision. (T) 12.10 Premier League Poker. 1.10 Big Brother Live. 2.50 Red Bull Air Race. 3.50 FIA World Touring Car Championship. 4.20 KOTV. (T) 4.45 The A-Z of Boxing. (T) 5.40 Inside the Ocean Race. (T)

FIVE

6.00 Milkshake! Thomas & Friends. (R) (T) 6.10 Little Princess. (R) (T) 6.20 Mio Mao. (R) (T) 6.25 Franny's Feet. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 Hi-5. (T) 7.20 Hana's Helpline. (T) 7.30 Rupert Bear. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Say It with Noddy. (R) (T) 8.05 Fifi and the Flowerpots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Miss Spider's Sunny Patch Friends. (R) (T) 8.50 Insect Antics. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 House. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.45 The 70s. (R) (T) 3.35 five news update. (T) 3.40 FILM: The Princess and the Marine (2001). Fact-based drama, starring Mark-Paul Gosselaar. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Becker. (R) (S) 7.00 five news. (T) 7.15 Andalusia: The Legacy of the Moors. Documentary exploring Spain's heritage. (R) (T) 8.00 Franklin's Lost Expedition: Revealed. John Franklin's search for the North-west Passage. (R) (T) 9.00 CSI: Crime Scene Investigation. Grissom is reunited with Lady Heather. (T) 10.00 CSI: Miami. The team try to locate a kidnapped woman who attempted to call for help as she was abducted, but dialled a wrong number on her phone. Horatio helps Marisol make a difficult decision; (R) (T) five news update. 11.00 Law & Order: Criminal Intent. (R) (T) 12.00 Crime Scene Academy. (R) (T) 12.30 NBA Basketball. 3.30 V8 Supercars. 4.20 IndyCar Series. 5.10 Seniors Golf.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Kyle's Academy. (T) 2.59 London Weather. (T) 3.00 Inspector Morse. (R) (T)

5.00 Golden Balls. Game show, hosted by Jasper Carrott. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Percy grows increasingly tormented after learning her car has a dent she has no memory of causing. Duke impresses the villagers, while Paul prepares to host his first event. (T)

7.30 Waterworld. Great Britain's waterways (T)

8.00 No Place Like Home? New series. Catherine Gee helps a family of expats revisit the UK for the first time in four years to reassess their situation. After running his own construction company in Manchester for 20 years, Stan Jones decided to move to Cyprus with his wife and son. However, he quickly became disillusioned with retirement abroad and hopes to persuade his family to rebuild their life back in the north of England. (T)

9.00 Tycoon. Multi-millionaire Peter Jones gives the budding entrepreneurs tasks relating to their individual businesses - with the promise that he will match any profit they make. Lauren jets off to China to talk to potential suppliers of real hair, while environmentalist Justin struggles to keep afloat without his family's support. The contestants are also surprised to learn they will be attending the Press launch. (T)

10.00 Arabella Weir's Tough Gig. The comedienne gets into the spirit of things at Ghost Fest in Edinburgh, mixing with clairvoyants as they hold vigils and hunt for poltergeists. Attempting to put her cynicism to one side and forget her Grumpy Old Woman woes, she tries to find out what makes a ghostbuster giggle before spreading a little magic with her stand-up show. (T)

10.30 ITV News; Weather. (T)

11.00 Police, Camera, Action! Motorway madness and high-speed pursuits. (R) (T)

11.35 Crimefighters UK. Sarah Heaney presents footage of frontline police work, beginning with a siege at a remote farmhouse and police officers coming under attack while breaking up a fight in Swindon. (R) (T)

12.00 Gitterball; (T) ITV News Headlines. 4.10 Watching the Detectives. (R) (T) 4.30 Watching the Detectives. (R) (T) 5.00 ITV Nightscreen.

LOCAL

Best of the Rest

MOVIES

SPORT

RTP1
0630 Bom Dia Portugal
1000 Praça da Alegria
1300 News 1410 Los Ricos Tambien Lloran
1505 Choque Terapy, film
1715 Lingo 1800
Portugal em Directo 2135
News 2315 Striptease, film
0115 Sere Queridos, film

RTP2
0730 Zig Zag, cartoons
1400 Sociedade Civil
1530 Portugal Um Retrato Ambiental 1600
Entre Nós 1630
Euronews 1700 Mundos Flutuantes 1730
Discovery Hour 1830 A Fé dos Homens 1900
2010 1945 Zig Zag 2045
yes Dear 2115
Discovery Hour 2200
News 2230 Without a Trace 2330 Por Outro Lado

SIC
0645 Sic Kids
0830Floribela 1000
Fátima 1300 News 1400
O Profeta 1445 Film TBA
1530 Contacto 1715
Floribella 1900 Sinhá Moça 2000 News 2115
Floribela 2215 Cobras & lagartos 2215 Jura 10015
Desperate Housewives

TVI
0700 Diario Da Manha
1000 Você na TV 1300
News 1400 Film TBA
1600 Film TBA 1800
Morangos com Açúcar 2000
News 2115
Morangos com Açúcar 2200
Tempo de Viver 2315
Fala-me de Amor 0145
Death Becomes Her, film

BBC3
7.00 The Real Hustle 7.35
Film: Ace Ventura: When Nature Calls PG (1995)
9.00 Last Man Standing
10.00 EastEnders 10.30
Film: Rambo III 18 (1988)
12.05 Last Man Standing
1.05 Is It Cos I Is Black?
2.00 The Real Hustle 2.30
The Scam Squad 3.00
The Scam Squad 3.30
Close

BBC4
7.00 World News Today
7.00 Weather 7.30 Britain in Pictures 8.00 Ellen MacArthur and the Albatross 9.00 Every Prime Minister Needs a Willie - Or How to Be a Deputy 10.00 Paris Brothel 11.00 Film: Une Liaison Pornographique 18 (1999)
12.15 Every Prime Minister Needs a Willie - Or How to Be a Deputy 1.15 Cooking in the Danger Zone 2.15 Ellen MacArthur and the Albatross 3.15 Paris Brothel 4.15 Close

ITV2
1.00 The Jeremy Kyle Show 2.00 Sally Jessy Raphael 2.50 Celebrity Daredevils 3.00 The Jeremy Kyle Show 4.05 Ricki Lake 4.50 Airline USA 5.20 Judge Judy 7.00 The New Adventures of Superman 8.00 New Homes from Hell 9.00 Film: Mary Shelley's Frankenstein 15 (1994)
11.25 Big Day 11.55 Film: Stop! Or My Mom Will Shoot PG (1992)
1.35 Gitterball: ITV Play 4.00
Teleshopping 6.00 Close

Sky One
1.00 Cold Case 2.00 24
3.00 Las Vegas 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Malcolm in the Middle 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 Brainiac: Science Abuse 9.00 Road Wars 10.00 How TV Changed Football Forever 11.30 Nip/Tuck 12.35 Star Trek: Voyager 1.35 Mile High 2.25 The Villa 3.15 Hex 4.20 Guilty! 5.10 Star Trek: Voyager

UKTV Gold
1.00 Film: Carry On England PG (1976)
3.00 Some Mothers Do 'Ave 'Em 3.40 Keeping Up Appearances 4.20 dinnerladies 5.00 Dallas 6.00 New Tricks 7.00 Film: Carry On England PG (1976)
9.00 Jonathan Creek 10.20 New Tricks 11.35 Little Britain 12.15 Prison Break 1.10 Prison Break 2.05 Room 101 2.35 Room 101 3.05 The Bill 3.55 Casualty 4.45 Merseybeat 5.35 Neighbours

TCM
3.00 Key Largo PG (1948)
4.50 Butterfield 8 PG (1960)
6.50 Arsenic and Old Lace PG (1944)
9.00 Twelfth Night PG (1996)
11.30 Whose Life Is It Anyway? 15 (1981)
1.40 Hysteria 15 (1965)
3.10 Teleshopping 3.30 Arturo's Island 15 (1962)

The Disney Channel
Kids' programmes from 7am, except:

Sky Movies Drama

7.05 In the Beginning 8.40 In the Beginning 10.15 Victim of Love PG (1993)
11.55 A Wing and a Prayer 15 (1998)
With Claudia Christian. 1.30 In the Beginning 3.05 In the Beginning 4.45 Victim of Love PG (1993)
With Dwight Schultz. 6.25 A Wing and a Prayer 15 (1998)
With Claudia Christian. 8.00 Proof 12 (2005)
With Gwyneth Paltrow. 9.45 The Edge 15 (1997)
With Anthony Hopkins. 11.45 Spanglish 12 (2004)
With Paz Vega. 2.05 Racing with the Moon 15 (1984)
With Sean Penn. 4.10 Victim of Love PG (1993)

Sky Movies Comedy

7.00 The Adventure of Sherlock Holmes' Smarter Brother PG (1975)
8.35 The Pirates of Penzance U (1982)
10.30 Shrek the Third Special 10.50 To Wong Foo, Thanks for Everything! Julie Newmar PG (1995)
12.40 Pleasantville 12 (1998)
With Tobey Maguire. 2.45 Woo 15 (1998)
With Jada Pinkett Smith. 4.15 The Pirates of Penzance U (1982)
With Kevin Kline. 6.10 To Wong

Foo, Thanks for Everything! Julie Newmar PG (1995)
With Patrick Swayze. 8.00 Pleasantville 12 (1998)
With Tobey Maguire. 10.10 Woo 15 (1998)
With Jada Pinkett Smith. 11.40 Bad Santa 15 (2004)
With Billy Bob Thornton. 1.25 Crazy People 15 (1990)
With Dudley Moore. 3.05 Gridlock'd 18 (1997)
4.40 The Adventure of Sherlock Holmes' Smarter Brother PG (1975)

Sky Movies Action

6.40 Frozen Impact PG (2002)
8.30 Flight of the Phoenix 12 (2004)
10.35 SS Doomtrooper 15 (2006)
12.20 Four Brothers 15 (2005)
With Mark Wahlberg. 2.20 Frozen Impact PG (2002)
With Stacy Keach. 4.10 Flight of the Phoenix 12 (2004)
With Dennis Quaid. 6.15 SS Doomtrooper 15 (2006)
With Corin Nemec. 8.00 Four Brothers 15 (2005)
With Mark Wahlberg. 10.00 Nighthawks 18 (1981)
With Sylvester Stallone. 12.00 Forbidden Fantasies 18 (2005)
With Brooke Hunter. 1.35 Running Cool 18 (1993)
With Andrew Divoff. 3.35 Fall Into Darkness 15 (1996)
5.20 Frozen Impact PG (2002)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

Sky Sports 1

6.00 Hockey 7.00 WWE: Afterburn 8.00 Cricket: Twenty20 Cup 11.30 Sky Sports Classics 12.00 Golf Special 1.30 Live America's Cup Sailing. The third day of the 32nd America's Cup Match. 4.00 Ocean 4.30 Wild Spirits 5.00 Foot Brazil 5.30 Live Cricket: Twenty20 Cup. Warwickshire Bears v Northamptonshire Steelbacks. 9.00 Heritage Grand Touring Car Challenge 9.30 Foot Brazil 10.00 Live Copa America Football. Uruguay v Peru (Kick-off 11.00pm) and Venezuela v Bolivia (Kick-off 1.45am). 4.00 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean 7.00 Aerobics Oz Style 7.00 Ocean 8.00 Wild Spirits 8.30 Speedway 10.30 World Motor Sport 1.00 Speedway 3.00 World Motor Sport 5.30 European Seniors Tour Golf 6.30 Ladies European Tour Golf 7.30 Live Greyhound Racing. The Greyhound Derby quarter-finals. 10.00 Poker 11.30 Cricket: Twenty20 Cup 3.00 Close

Sky Sports 3

10.00 Hockey 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Ocean 12.30 Wild Spirits 1.00 Bass Fishing 2.00 Ocean 2.30 Golf Special 4.00 Hockey 5.00 WWE: Smackdown 7.00 Sports Unlimited 8.00 America's Cup Sailing 10.00 Sports Unlimited 11.00 European Seniors Tour Golf 12.00 Ladies European Tour Golf 1.00 ASP Surfing 2.00 Sports Unlimited 3.00 Close

British Eurosport

7.30 Eurosport Buzz 8.00 WATTS 8.30 Champ Car 9.30 World Touring Car Championship 10.00 MotoGP 11.30 Rowing 1.00 Volleyball 2.00 Volleyball 3.15 World Superbikes 4.00 MotoGP 5.00 Champ Car 6.00 Strongest Man 7.00 Boxing 8.00 Boxing 10.00 Rallying 10.30 Athletics 11.30 Sumo Wrestling 12.30 Close

Sky Sports Xtra

5.00 Athletics 6.00 Ocean 6.30 Heritage Grand Touring Car Challenge 7.00 Athletics 8.00 European Seniors Tour Golf 9.00 Ladies European Tour Golf 10.00 ASP Surfing 11.00 Ocean 11.30 Heritage Grand Touring Car Challenge 12.00 America's Cup Sailing 2.00 Ocean 2.30 Heritage Grand Touring Car Challenge 3.00 Close



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See page 21

6.00 Breakfast. (T) 9.15 Don't Get Done, Get Dom. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 Cash in the Attic. (T) 12.00 Wimbledon 2007. The third day's play at the All England Club. Includes News and Weather at 12.15pm. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Wimbledon 2007. Further live coverage on day three of the All England Championships. Coverage continues on BBC2. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)

7.00 Saving Planet Earth. Edith Bowman explores attitudes to crocodiles in the Cambodian jungle, learning how community work is helping to save the endangered Siamese species through tracking and studies. (T)

7.30 Open All Hours. Arkwright attempts to improve the sale of an over-stocked commodity with incredible efficiency and Granville's lust for power leads to disaster. Roy Clarke's off-repeated comedy, starring Ronnie Barker and David Jason. (R) (T)

8.00 The National Lottery Jet Set 2012. Eamonn Holmes hosts an Olympic-themed series of the quiz. Includes the Dream Number draw from Lottery HQ. (T)

8.30 Vet Safari. Emma and Shaun track a white rhino, but its capture causes trouble for a nearby cameraman. The vet performs vasectomies on two lions, while helicopter pilot LJ tests his flying skills. (T)

9.00 Britain's Most Wanted Paedophiles. Mark Daly reports on the five dangerous paedophiles who were announced as missing in November 2006, and the controversial high-profile government plan to flush them out of hiding. All of the men have served time in prison, but since their release have been missing for 12 years between them. The reporter traces what may have happened to them, meets their victims, and examines whether this new initiative could set a precedent for naming and shaming all people convicted of child sex offences. (T)

10.00 BBC News at Ten O'Clock. (T)
10.35 Regional News; Weather. (T)
10.40 The National Lottery Draws. Brian Conley announces the all-important numbers. (T)
10.45 FILM: The Cider House Rules (1999). Acclaimed drama, starring Michael Caine; (T) National Lottery Update and Weatherview.

12.50 Sign Zone: Coast. (R) (T) 1.50 Sign Zone: Neneh and Andi Dish It Up. (R) (T) 2.20 Sign Zone: Sweet Baby James. (R) (T) 2.50 Sign Zone: Trawlermen. (R) (T) 3.20 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Fimbly Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.15 ChuckleVision; (R) (T) Newsround. (T) 7.30 Clutter Nutters. (R) (T) 8.00 The Story of Tracy Beaker. (R) (T) 8.15 Krypto the Superdog. (R) (T) 8.30 CBeebies: Pingu. (R) 8.35 Jakers! (R) (T) CBeebies Birthdays. (T) 9.00 Boogie Beebies. (T) 9.15 Toddworld. (T) 9.30 Big Cook Little Cook. (R) (T) 9.50 Charlie and Lola. (R) (T) 10.00 Teletubbies. (T) 10.30 Yesterday at Wimbledon. (T) 11.30 The Daily Politics. (T) 1.00 Wimbledon 2007. The third day's play at the All England Club. (T) 3.25 CBBC: ChuckleVision. (R) (T) 3.40 Arthur. (R) (T) 4.05 Stupid. (R) (T) 4.30 Raven. (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T) 5.35 Shaun the Sheep. (R) (T) 5.50 Wimbledon 2007. The concluding matches on day three of the All England Championship. (T) 8.00 Today at Wimbledon. John Inverdale reviews the day's action at the All England Championships, featuring the men's and ladies' singles second-round matches. (T) 9.00 Rome. Vorenus faces a gang war and the breakdown of his friendship with Pullo. Mark Antony attempts to strike a bargain with Cicero and Brutus makes a life-changing decision. (T) 10.00 Never Mind the Buzzcocks. Simon Amstell, Bill Bailey and Phill Jupitus are joined by Amy Winehouse and Pennie from the Automatic for the music quiz. (R) (T) 10.30 Newsnight. (T) 11.20 How to Be 18th Century: BBC Four on BBC Two. (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

Location, Location, Location (C4, 8pm)

Phil Spencer and Kirstie Allsopp never intended to be media darlings, but the success of their work on this show and its spin-offs soon put an end to that. However, after more than five years on the box, he's finding life a tad easier in the glare of the public eye. "I guess we have adapted," Phil explains. "I have a property finding business and I'll be finding people homes long after everyone's forgotten me. I'm not a celebrity and I don't strictly see myself as a TV presenter, although, to be fair, that is what I seem to spend the majority of my time doing. But I thoroughly enjoy finding houses for people, whether that's in business or on the television." For the first of a new run, Phil and Kirstie guide two sets of prospective purchasers through the nightmare world of viewings and agents in the quest to buy their des res. Adam is a first-time buyer who is so choosy about the Glasgow abode he wants, he has seen over 500 homes with his girlfriend. We also meet Emma and Jon, who clearly expect more than their £350,000 budget will allow.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Just Shoot Me. (R) (T) 7.25 Big Brother's Little Brother. (T) 7.55 Big Brother. (R) (T) 8.55 Frasier. (R) (T) 9.25 Will & Grace. (R) (T) 9.50 ER. (R) (T) 10.45 Without a Trace. (R) (T) 11.40 Supporting Acts. (R) (T) 12.00 News at Noon. (T) 12.30 3 Minute Wonder: City of Cranes. (R) (T) 12.35 How Clean Is Your House? (R) (T) 1.05 FILM: The Bells of St Mary's (1945). Comedy musical, starring Bing Crosby. (T) (bw) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Blair's Children. A Colombian asylum seeker describes his south London estate. (T) 8.00 Location, Location, Location. New series. Kirstie Allsopp and Phil Spencer are charged with helping two sets of prospective buyers in their bid to find a home, beginning in Glasgow with a picky property fanatic. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 Brothers & Sisters. William's indiscretions are made public, causing much humiliation. Justin decides to tell Kitty about their father's affair and the siblings feel the burden of their own secrets. (T) 11.05 Will & Grace. (T) 11.35 Sugar Rush. (R) (T) 12.05 The Friday Night Project. (R) (T) 1.05 FILM: Psycho (1998). Chiller remake, starring Vince Vaughn. (T) 2.55 Big Brother Live. 4.25 The Rise and Fall of Tony Blair. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Thomas & Friends. (R) (T) 6.10 Little Princess. (R) (T) 6.20 Mio Mao. (R) (T) 6.25 Franny's Feet. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 Hi-5. (T) 7.20 Hana's Helpline. (T) 7.30 Rupert Bear. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Say It with Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Miss Spider's Sunny Patch Friends. (R) (T) 8.50 Insect Antics. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 House. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.35 FILM: Seduced by a Thief (2001). Crime thriller, starring Sean Young. (T) 3.25 five news update. (T) 3.30 FILM: Crash Course (2001). Fact-based drama, starring Meredith Baxter. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Becker. (R) (T) 7.00 five news. (T) 7.15 Game Ranger Diaries. The team try to catalogue the elephants; (R) (T) 7.15 five news update. 8.00 Families at War. A woman and her daughter receive treatment. Last in series; (T) 8.00 five news at 9. 9.00 FILM: Executive Decision (1996). A team of crack intelligence experts attempt to foil the plans of hijackers on an airliner. Tense action thriller, starring Kurt Russell and Steven Seagal. (T) 11.35 101 Most Embarrassing Moments in Entertainment. (T) 12.35 Poker Den: The Big Game. (T) 2.05 Major League Baseball. 4.25 Race and Rally UK. 4.50 Motorsport Mundial. 5.15 ITU Triathlon.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Kyle's Academy. (T) 2.59 London Weather. (T) 3.00 Inspector Morse. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the game show based on life-changing amounts of cash hidden inside Golden Balls. (T)

6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Rosemary takes control of Perdys medication, while Duke infuriates Terry by defying his orders. Diane is irritated by Jack's lack of holiday spirit. (T)

7.30 Coronation Street. Janice assures Leanne they'll somehow find the money for the restaurant and approaches Roger for a loan - but both women's dreams are shattered when he discovers Leanne's sordid past and walks out. David proves a great success on his first day at the salon, much to Gail's surprise, and Violet confides in Sean about her desperate attempts to get pregnant. Carla discovers Paul has left her everything, including his share of the factory. (T)

8.00 The Bill. Leela and Tony discover the body of a supremacist who had recently fronted an anti-rac campaign despite her lack of real conviction. Lorna notes that the crime scene has been arranged to resemble a shot from the film, suggesting animal rights activists may have resented her hypocrisy. Subsequent investigations reveal a host of rival male admirers with reason to kill her and Terry digs up evidence of a more sinister side to the woman's life. Concludes tomorrow. (T)

9.00 Cold Blood. Eve takes an intense personal dislike to an arrogant Army officer and becomes convinced he's guilty of murdering a woman whose body has been found during an exercise. Undeterred by minor details like a complete absence of proof, she jeopardises her career by confronting him in the presence of witnesses and blurring out her suspicions. Fortunately, Jake is on hand to help solve the case with another of his penetrating insights into the criminal mind. Former Coronation Street cast member Bill Ward (Charlie Stubbs) guests. (T)

10.30 ITV News; Weather. (T)
11.00 Talk to Me. Claire is shocked to see Mitch and new boss Cassie on a date together. Ally feels more let down than ever when her night out ends in disaster. Kelly decides to break up with Aaron. (R) (T)

12.00 Make Your Play; ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal
1000 Praça da Alegria
1300 News 1410 Los Ricos Tambien Lloran
1505 Portugal No Coração
1715 Lingo 1800 Portugal em Directo 2130 News 2315 True Crime, film 0130 Longa Vista, film

RTP2
0700 Magazine 0720 Mostra 0730 Zig Zag, cartoons 1400 Sociedade Civil 1530 Portugal um Retrato Ambiental 1600 entre Nós 1630 EuroNews 1700 Peixe Vampiro 1730 Discovery Hour 1830 Fê dos Homens 1900 Biosfera 1945 Zig Zag 2045 Yes Dear 2115 Discovery Hour 2200 News 2230 Ossos 2315 Behind the Scene 2300 Clube de Imprensa 0300 The Guardian 0145 Peixe Vampiro 0215 Biosfera 0300 Da Terra ao Mar 0345 Consigo 0415 Sociedade Civil

SIC
0645 Sic Kids 0830 Floribela 1000 Fátima 1300 News 1400 O Profeta 1445 Laços de Família 1530 Contacto 1715 Floribela 1900 Sinhá Moca 0215 Bang Bang 0315 Ganância

TVI
0700 Diário Da Manhã 1000 Você na TV 1300 News 1400 Inspector Max 1500 Anjo Selvagem 1530 Ugly Betty 2000 News 2115 Morangos com Açúcar 2200 Tempo de Viver 0015 The River Wild, film

Best of the Rest

BBC3
7.00 Say No to the Knife
8.00 Anthea Turner: Perfect Housewife 9.00 F*** Off, I'm a Hair Woman 10.00 Film: Rambo III 18 (1988) 11.35 Last Man Standing 12.35 F*** Off, I'm a Hair Woman 1.30 Say No to the Knife 2.30 Anthea Turner: Perfect Housewife 3.30 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Indian School 8.00 Thoroughly Modern 8.30 Masterpieces of the East 9.00 Crisis at the Castle 10.00 Office Tigers 10.30 Storyville: Kike Like Me 11.30 Crisis at the Castle 12.30 Cooking in the Danger Zone 1.30 Masterpieces of the East 2.00 Indian School 2.30 Office Tigers 3.00 Crisis at the Castle 4.00 Close

ITV2
1.00 The Jeremy Kyle Show 2.00 Sally Jessy Raphael 2.50 The Ride 3.00 The Jeremy Kyle Show 4.05 Ricki Lake 4.50 Airline USA 5.20 Judge Judy 7.00 The New Adventures of Superman 8.00 Holiday Showdown Extreme 9.00 Film: Stop! Or My Mom Will Shoot PG (1992) 10.45 Coronation Street 11.15 Hollywood Lives 11.45 Sally Morgan: Star Psychic 12.45 Kelly Osbourne: Turning

Japanese 1.45 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close

Sky One
1.00 Cold Case 2.00 24 3.00 Las Vegas 4.00 Stargate SG-1 5.00 Malcolm in the Middle 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 Project Runway 9.00 The Girl Who Lives in the Dark 10.00 Who Killed Diana? 11.00 Nip/Tuck 12.00 Las Vegas 1.00 Star Trek: Voyager 1.50 Mile High 2.40 The Villa 3.30 Hex 4.20 Guilty! 5.10 Star Trek: Voyager

UKTV Gold
1.00 Film: Carry On Columbus PG (1992) 3.00 Some Mothers Do 'Ave 'Em 3.40 Keeping Up Appearances 4.20 dinnerladies 5.00 Dallas 6.00 New Tricks 7.00 Film: Carry On Columbus PG (1992) 9.00 Waking the Dead 11.30 Little Britain 12.10 Prison Break 1.05 Prison Break 2.00 Room 101 2.30 Room 101 3.00 The Bill 3.50 Casualty 4.40 Merseybeat 5.35 Neighbours

TCM
3.00 Meet Me in St Louis U (1944) 5.05 Torpedo Run U (1958) 6.55 Mrs Soffel PG (1984) 9.00 Born Romantic 15 (2000) 10.55 Coma 15 (1978) 1.05 Battle Beneath the Earth U (1967) 2.40 Teleshopping 3.00 Never So Few PG (1959)

The Disney Channel
Kids' programmes from 7am, except:

Sky Movies Drama

6.05 Here Comes the Son PG (1996) 7.55 The Top 10 Show 8.10 Role of a Lifetime PG (2001) 10.10 Between Love and Honor PG (1995) 12.00 The Winning Season U (2004) With Matthew Modine. 1.50 Drama Close Up 2.20 Role of a Lifetime PG (2001) With Scott Bakula. 4.20 Between Love and Honor PG (1995) With Grant Show. 6.10 The Winning Season U (2004) With Matthew Modine. 8.00 Passion of Mind 12 (2000) With Demi Moore. 10.00 Coach Carter 12 (2005) With Samuel L Jackson. 12.20 Last Dance 18 (1996) With Sharon Stone. 2.05 Fear 18 (1996) With Mark Wahlberg. 3.50 The Price of Love 15 (1995) 5.25 Here Comes the Son PG (1996)

Sky Movies Comedy

6.15 A Young Connecticut Yankee in King Arthur's Court PG (1994) 7.50 Teen Wolf PG (1985) 9.25 Bean PG (1997) 11.00 Patch Adams 12 (1998) With Robin Williams. 1.00 A Young Connecticut Yankee in King Arthur's Court PG (1994) With Philippe Ross. 2.40 Teen Wolf PG (1985) With Michael J Fox. 4.20 Bean PG (1997) With Rowan Atkinson. 5.55 The Birdcage 15 (1996) With Robin Williams. 8.00 The Ringer 12 (2005) With Johnny Knoxville. 10.00 Patch Adams 12 (1998) With Robin

Williams. 12.00 The Birdcage 15 (1996) With Robin Williams. 2.05 The Ringer 12 (2005) With Johnny Knoxville. 3.45 Tommy Boy 12 (1995) 5.30 A Young Connecticut Yankee in King Arthur's Court PG (1994)

Sky Movies Action

7.05 In the Line of Duty: Smoke Jumpers PG (1996) 8.40 Bad Company 18 (1994) 10.40 Broken Arrow 15 (1996) 12.40 Run 15 (1990) With Patrick Dempsey. 2.15 Bad Company 18 (1994) With Ellen Barkin. 4.15 Hostage 15 (2005) With Bruce Willis. 6.10 Broken Arrow 15 (1996) With John Travolta. 8.00 The Transporter 2 15 (2005) With Jason Statham. 9.30 Run 15 (1990) With Patrick Dempsey. 11.05 The Transporter 2 15 (2005) With Jason Statham. 12.40 Hostage 15 (2005) With Bruce Willis. 2.40 Dying on the Edge 15 (1999) With John Heard. 4.30 In the Line of Duty: Smoke Jumpers PG (1996)

(R)-repeat programme;

(T)-programme with tele-

text subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

SPORT

Sky Sports 1

6.00 Ladies European Tour Golf 7.00 WWE: Heat 8.00 Copa America Football 10.00 Poker 11.30 Copa America Football 1.30 Live America's Cup Sailing. The fourth day of the 32nd America's Cup Match. 4.00 ASP Surfing 5.00 European Tour Weekly 5.30 Live Cricket: Twenty20 Cup. Lancashire Lightning v Yorkshire Phoenix. 9.00 Copa America Football 11.00 Live Copa America Football. Ecuador v Chile (Kick-off 11.30pm) and Brazil v Mexico (Kick-off 1.45am). 4.00 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean 7.00 Aerobics Oz Style 7.30 Foot Brazil 8.00 America's Cup Sailing 10.00 Cricket: Twenty20 Cup 1.30 Foot Brazil 2.00 Ladies European Tour Golf 3.00 European Seniors Tour Golf 4.00 Copa America Football 6.00 Spirit of Golf 6.30 Golf 7.30 Live Winning Post. From Bath and Naas. 9.30 Hockey 10.00 European Tour Weekly 10.30 Spirit of Golf 11.00 Cricket: Twenty20 Cup 2.30 Golf 3.30 Close

Sky Sports 3

7.30 Heritage Grand Touring Car Challenge 8.00 European Seniors Tour Golf 9.00 Ladies European Tour Golf 10.00 ASP Surfing 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Ocean 12.30 Heritage Grand Touring Car Challenge 1.00 ASP Surfing 2.00 Sports Unlimited 3.00 Athletics 4.00 Sports

Unlimited 5.00 WWE: Bottom Line 6.00 WWE: Afterburn 7.00 Total Rugby 7.30 European Tour Weekly 8.00 America's Cup Sailing 10.00 Motor Racing 11.00 Golf 12.00 America's Cup Sailing 2.00 Hockey 2.30 Poker 3.30 Close

British Eurosport

7.30 Yoz Magazine 8.00 Tatiana's World 8.15 Volleyball 9.15 Wrestling 10.00 Strongest Man 11.00 World Superbikes 12.00 MotoGP 1.00 Live Beach Volleyball. The women's Grand Slam event from Stavanger. 2.00 Champ Car 3.00 Live Beach Volleyball. The women's Grand Slam event from Stavanger. 4.00 Volleyball 5.00 Live Beach Volleyball. The women's Grand Slam event from Stavanger. 6.00 Athletics 6.45 Live Athletics. The IAAF Grand Prix in Ostrava, Czech Republic. 9.00 Wednesday Selection 9.05 Show Jumping 10.05 Riders Club 10.10 Wednesday Selection 10.15 European Tour Golf 10.45 Golf Club 10.50 Yacht Club 10.55 Wednesday Selection 11.00 MotoGP 12.00 Rallying 12.30 Close

Sky Sports Xtra

2.30 Poker 4.00 Ladies European Tour Golf 5.00 Ocean 5.30 Hockey 6.00 Show Jumping 6.30 Irish Greyhound Racing 7.00 Motor Racing 8.00 World Ten Pin Masters 9.00 Max Power 10.00 Watersports World 11.00 Show Jumping 11.30 Irish Greyhound Racing 1.00 Ocean 1.30 Irish Greyhound Racing 2.00 Ten Pin Masters 3.00 Motor Racing 4.00 Close

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6.00 Breakfast. (T) 9.15 Don't Get Done, Get Dom. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Car Booty; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Wimbledon 2007. The fifth day's play at the All England Club. Coverage continues on BBC2. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 Saving Planet Earth. Former England cricketer Phil Tufnell travels to India's Kaziranga National Park to help save the remaining Indian rhinoceros population. He joins forest guards on night patrol as they struggle to protect the animals, which are commonly poached for their horns, and comes within touching distance of a baby rhino and its mother while riding an elephant through the grounds. (T)

7.30 The Concert For Diana - The Princes' Interview. (T)
8.00 EastEnders. Phil takes a distraught Stella to visit her parents, where he learns the truth about her past. Stacey plans a break to get herself and Bradley away from the gossips, and Li arranges a shocking surprise to teach Mickey a lesson. Dot says a final farewell to her cigarettes at the launderette. (T)

8.30 The Inspector Lynley Mysteries. Lynley faces charges of intimidating a suspect, and is suspended from duty, meaning Havers and new partner DI Fiona Knight (guest star Liza Tarbuck) must investigate when the body of a woman is found in a lake. However, Lynley involves himself in the case, compromising his chances of an unbiased trial. Crime drama, starring Nathaniel Parker and Sharon Small. (R) (T)
10.00 BBC News at Ten O'Clock. (T)
10.30 Regional News; Weather. (T)
10.35 Friday Night with Jonathan Ross. Welsh superstar Shirley Bassey talks about Get the Party Started, which is released next week to coincide with her 70th birthday celebrations and is her first album for a decade. Stylist Gok Wan discusses his series How to Look Good Naked, while veteran rock wildman Iggy Pop also drops in for a chat and to perform I Wanna Be Your Dog with legendary band the Stooges. (T)

11.35 Seven Ages of Rock. Narrator Julian Rhind-Tutt explores American alternative rock, recalling the dominance of REM and Nirvana, and reflecting on the friendship that formed between the bands' frontmen. (R) (T)
12.35 FILM: The Legend (1993). Martial arts comedy, with Jet Li; Weatherview. 2.15 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Fimble Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.15 ChuckleVision; (R) (T) Newsworld. (T) 7.30 Clutter Nutters. (R) (T) 8.00 The Story of Tracy Beaker. (R) (T) 8.15 Krypto the Superdog. (R) (T) 8.30 CBeebies: Pingu. (R) 8.35 Jakski! (R) (T) CBeebies Birthdays. (T) 9.00 Boogie Beebies. (T) 9.15 Toddworld. (T) 9.30 Big Cook Little Cook. (R) (T) 9.50 Charlie and Lola. (R) (T) 10.00 Teletubbies. (R) (T) 10.30 Yesterday at Wimbledon. (T) 11.30 The Daily Politics. (T) 12.00 Wimbledon 2007. Day five of the All England Championships. (T) 3.25 CBBC: ChuckleVision. (R) (T) 3.40 Arthur. (R) (T) 4.05 What's New Scooby-Do? (R) (T) 4.30 Raven. (T) 5.00 Totally Doctor Who. (T) 5.25 Newsworld. (T) 5.35 Shaun the Sheep. (R) (T) 5.50 Wimbledon 2007. Day five of the All England Championships. (T) 8.00 Today at Wimbledon. The opening third-round singles matches on day five at SW19. (T) 9.00 The Lost World of the Raj. The final programme in the series reveals how a fifth of the world's population was governed by a handful of Britons and recalls Gandhi's call for independence. (T) 10.00 Balderdash & Piffle. The stories of people who lent their names to phrases, including Gordon Bennett and the woman who inspired the cocktail Bloody Mary. Plus, the grim tale behind the saying 'sweet FA'. (T) 10.30 Newswight. (T) 11.00 Newswight Review From Manchester. (T) 11.45 FILM: Boys Don't Cry (1999). Fact-based drama, starring Hilary Swank. (T) 1.40 FILM: Quicksand (1950). Melodrama, starring Mickey Rooney. (T) (bw) 3.00 Star Trek. (R) (T) 3.50 Star Trek. (R) (T) 4.40 Malcolm in the Middle. (R) (T) 5.00 Close.

The Shield (five, 11pm)

The hard-hitting police drama returns for its sixth season. Focusing on maverick detective Vic Mackey (Michael Chiklis), head of the elite Strike Team, the series follows the day-to-day action of tough, morally ambiguous cops who will happily break the law to put criminals behind bars. The new series hits the ground running with the squad facing up to the death of one of their own. Fans have been waiting for months to find out what will happen next, following the cliffhanger ending of the last series, when the team was rocked by the death of their colleague Curtis 'Lem' Lemansky, who went on the run after being connected to heroin dealing. Vic is determined to avenge his friend's murder, little knowing that fellow cop Shane Vendrell (Walton Goggins) killed Lem in a bid to stop him from testifying about the Strike Team's underhand activities. Meanwhile, Internal Affairs officer Lieutenant Kavanaugh (Oscar-winning guest star Forest Whitaker) is determined to bring Vic down once and for all - and hits upon a plan to implicate him in Lem's death. As Vic struggles to contain his legendary temper, he begins investigating an arson attack on a methadone clinic that is linked to a psychotic drug dealer named Quentin Garth. The squad is then summoned to another clinic where the evil cocaine pusher is holding hostages, leading to a tense stand-off that could have tragic consequences for at least one more member of the unit.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Just Shoot Me. (R) (T) 7.25 Big Brother's Little Brother. (T) 7.55 Big Brother. (R) (T) 8.55 Frasier. (R) (T) 9.25 Will & Grace. (R) (T) 9.50 ER. (R) (T) 10.45 Without a Trace. (R) (T) 11.40 In Your Dreams. (R) (T) 11.55 3 Minute Wonder: I Am What I Spend. (R) (T) 12.00 News at Noon. (T) 12.30 In Your Dreams. (R) (T) 12.45 How Clean Is Your House? (R) (T) 1.15 FILM: Moulin Rouge (1952). Biopic of artist Toulouse-Lautrec, starring Jose Ferrer. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.30 The Insider. (T) 8.00 A Place in Spain; Costa Chaos. Dawn and Rocco manage to convince their estate agents to keep their dream house off the market. However, they fail to realise they need to raise a hefty cash deposit quickly. (T) 8.30 Big Brother. Davina McCall reveals the name of the third housemate to be evicted. (T) 9.30 8 Out of 10 Cats. With Joan Rivers and Frankie Boyle. (T) 10.00 Big Brother. Davina McCall chats to the third evictee about life in the house. (T) 10.30 The Friday Night Project. (T) 11.35 Big Brother's Big Mouth. 12.10 4Music: 4Music Presents: Editors. (T) 12.45 4Music: Sessions: Sway. (T) 12.55 4Music: The JD Set Presents: Ghosts. 1.10 Big Brother Live. 2.50 Road to V 2007. (R) (T) 3.05 Goalsismo. 4.05 Transworld Sport. (R) (T) 5.00 Countdown. (R) (T) 5.30 News Shoots: Films from Disabled Directors. (R) (T) 5.45 News Shoots: Films from Disabled Directors. (R) (T)

FIVE

6.00 Milkshake!: Thomas & Friends. (R) (T) 6.10 Little Princess. (R) (T) 6.20 Mio Mao. (R) (T) 6.25 Franny's Feet. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 Hi-5. (T) 7.20 Hana's Helpline. (T) 7.30 Rupert Bear. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Say It with Noddy. (R) (T) 8.05 Fifi and the Flowerlots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Miss Spider's Sunny Patch Friends. (R) (T) 8.50 Insect Antics. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 House. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.35 FILM: Big Business (1988). Comedy caper, starring Bette Midler and Lily Tomlin. (T) 3.25 five news update. (T) 3.30 FILM: Cool Money (2005). Crime caper, starring James Marsters. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Becker. (R) (T) 7.00 five news. (T) 7.30 Built for the Kill. The heightened senses of nocturnal creatures; (R) (T) 7.30 five news update. 8.00 Nigel Marven's Animal Detectives. Creatures that can help solve crimes; (R) (T) 8.00 five news at 9. 9.00 NCIS. A senior officer dies on the President's plane. (R) (T) 10.00 Law & Order. The case of a woman killed with a paving slab at a subway station leads Briscoe and Green to a man with a history of mental problems who has recently been released from prison. (R) (T) 11.00 The Shield. (T) 12.00 Quiz Call. 5.35 Wildlife SOS. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Kyle's Academy. (T) 2.59 London Weather. (T) 3.00 Inspector Morse. (R) (T)

5.00 Golden Balls. Game show, hosted by Jasper Carrott. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Kelly lands a modelling job, but has to pretend she is single to impress her boss, while Chas claims she no longer has feelings for Carl. Rita plans a surprise party for Paddy. (T)

7.30 Coronation Street. Sean and Violet discuss her eagerness to have a baby, prompting him to remind her of a pact they once made. Janice and Roger visit the restaurant to check up on his investment - just as Leanne is beginning to panic about taking such a huge financial risk. Eileen is over the moon when Pat finally calls and Chesney hits Roy where it hurts by revealing the cafe has come bottom in the school's green audit. (T)

8.00 Wags Off Fags: Tonight. (T)
8.30 Airline. Male stars of Hollyoaks check in at Luton en route to Sardinia and two weary football fans face losing their jobs after making a hash of booking their return flight to Newcastle. Performance artists the Poetry Vandalists entertain passengers waiting for a plane to Berlin and a Paris-bound traveller misses her flight for the second day running. (T)

9.00 Sharpe's Challenge. Conclusion. Sharpe and Harper set out to rescue Celia Burroughs, but find themselves forced to seek the help of old adversary Sgt Shadrach Bickerstaff. True to form, he soon betrays them to save his own skin, and the entire mission seems doomed to failure - especially as British forces are under the command of an even more implacable enemy from the past, the competent Sir Henry Simmerson. (R) (T)

10.30 ITV News; Weather. (T)
11.00 Arabella Weir's Tough Gig. The comedienne gets into the spirit of things at Ghost Fest in Edinburgh, mixing with clairvoyants and hunting for poltergeists before spreading a little magic with her stand-up show. (R) (T)

11.35 24 Hours With Jamie Campbell spends a day with former Blue singer Lee Ryan, who talks about the breakdown of his engagement to ex-Atomic Kitten star Liz McClarnon and his belief in aliens and UFOs. (R) (T)

12.00 Make Your Play; (T) ITV News Headlines. 4.10 Cruise Ship. (R) (T) 4.30 Cruise Ship. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1
0630 Bom dia Portugal
1000 Praça da Alegria
1300 News 1410 Los Ricos Tambien Lloran
1530 Marco Paulo - 40 Anos de Amor Eterno 1715 Lingo 1800 Portugal em Directo 1915 O Preço Certo 1955 Direito de Antena 2000 News 2330 Final Analysis, film 0130 Jeppers Creepers II, film
RTP2
0700 EuroNews 0715 Zig zag 1400 Sociedade Civil 1530 O Lugar da História 1600 Entre Nós 1630 Euronews 1700 Lendas Vivas de Além Mar 1730 Discovery Hour 1830 A Fé dos Homens 1900 Haja Saúde 1945 Zig Zag 2045 Yes Dear 2115 Discovery Hour 2200 News 0015 Film
TBA
SIC
0645 Sic Kids 0830Floribela 1000 Fátima 1300 News 1400 O Profeta 1445 Lapos de Família 1530 Contacto 1715 Floribella 1900 Sinhá Moga 2000 News 2145 Floribella 2215 Cobras & Lagartos 2315 Jura 0015 Film
TBA
TVI
0700 Diário Da Manhã 1000 Você na TV 1300 News 14000 Inspector max 1500 Anjo Selvagem 1600 Quem Quer Ganhar 1800 Morangos com Açúcar 2000 News 2115 Euro Milhões 2130 Morangos com Açúcar 2215 Tempo de Viver 2330 Fala-me de Amor 0130 Film
TBA

Best of the Rest

BBC3
7.00 The Real Hustle 7.30 The Real Hustle 8.00 Doctor Who 8.45 Doctor Who Confidential 9.00 Doctor Who 9.45 Doctor Who Confidential 10.00 EastEnders 10.30 Two Pints of Lager and a Packet of Crisps 11.00 Two Pints of Lager and a Packet of Crisps 11.30 Touch Me, I'm Ken Taylor 12.00 Sex - with Mum and Dad 12.55 Two Pints of Lager and a Packet of Crisps 1.25 Two Pints of Lager and a Packet of Crisps 1.55 The Real Hustle 2.25 The Real Hustle 2.55 Touch Me, I'm Ken Taylor 3.25 Sex - with Mum and Dad 4.25 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Wainwright's Walks 8.00 Classic Britannia 9.00 The Best of Glastonbury 2007 10.00 Monsoon Railway 10.00 How to Be an Ex-Prime Minister 11.50 The Avengers 12.40 Cooking in the Danger Zone 1.40 Monsoon Railway 2.30 The Best of Glastonbury 2007 3.30 Classic Britannia 4.30 Close
ITV2
1.00 The Jeremy Kyle Show 2.00 Sally Jessy Raphael 2.50 Movies Now 3.00 The Jeremy Kyle Show 4.05 Ricki Lake 4.50 Airline USA 5.20 Judge Judy 7.00 The New Adventures of Superman 8.00 Big Day 8.30 America's Got Talent 9.25 America's Got Talent 10.20 Film: Out of Sight 15 (1998) 12.35 Coronation Street 1.05 Entourage 1.40 Entourage 2.05 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close
Sky One
1.00 Cold Case 2.00 24 3.00

Las Vegas 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Malcolm in the Middle 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 Futurama 9.00 Road Wars 10.00 Ross Kemp on Gangs 11.00 Pirate Master 12.00 Nip/Tuck 1.00 Star Trek: Voyager 1.50 Mile High 2.40 Las Vegas 3.30 Hex 4.20 Guilty! 5.10 Malo Korrigán 5.35 Malo Korrigán
UKTV Gold
1.00 Film: Carry On Matron PG (1972) 3.00 Some Mothers Do 'Ave 'Em 3.40 Keeping Up Appearances 4.20 Innieradias 5.00 Dallas 6.00 New Tricks 7.00 Film: Carry On Matron PG (1972) 9.00 Keeping Up Appearances 9.40 One Foot in the Grave 10.20 EuroMillions: Boom Bang a Bang 10.30 Film: Erin Brockovich 15 (2000) 1.10 Keeping Up Appearances 1.50 One Foot in the Grave 2.20 Friday Night with Jonathan Ross 3.15 Yes Minister 3.50 Casualty 4.40 Merseybeat 5.35 Neighbours
TCM
1.00 The Glass Bottom Boat U (1966) 3.00 Gigi PG (1958) 5.05 Three Godfathers U (1948) 7.05 Casablanca U (1942) 9.00 The Bridges of Madison County 12 (1995) 11.30 Fearless 15 (1993) 1.35 Brainstorm 15 (1983) 3.20 Teleshopping 3.40 Murder at the Gallop U (1963)
The Disney Channel
Kids' programmes from Tam, except: 6.00 Film: Johnny Tsunami PG (1999) Snowboarding drama, starring Brandon Baker. 9.30 Film: Johnny Tsunami PG (1999) Snowboarding drama, starring Brandon Baker.

Sky Movies Drama

6.20 Ride to Freedom: The Rosa Parks Story PG (2001) 8.00 Hockey Mom PG (2003) 9.35 The Simple Life of Noah Dearborn PG (1999) 11.20 The Wool Cap PG (2003) With William H Macy. 1.00 Ride to Freedom: The Rosa Parks Story PG (2001) With Angela Bassett. 2.40 Kinsey 15 (2004) With Liam Neeson. 4.40 Hockey Mom PG (2003) With Jessalyn Gilsig. 6.20 The Wool Cap PG (2003) With William H Macy. 8.00 Kinsey 15 (2004) With Liam Neeson. 10.00 McVicar 12 (1980) With Roger Daltrey. 12.00 Get Rich or Die Tryin' 15 (2005) With Curtis '50 Cent' Jackson. 2.00 The Tie That Binds 18 (1995) With Daryl Hannah. 3.40 Losing Isaiah 15 (1995) 5.30 Hockey Mom PG (2003)

Sky Movies Comedy

6.55 Two Much PG (1996) 8.55 Picture Perfect PG (1997) 10.40 If Only 15 (2004) 12.20 Meet the Fockers 12 (2004) With Ben Stiller. 2.20 Shrek the Third Special 2.40 Clueless 12 (1995) With Alicia Silverstone. 4.30 Harold & Kumar Get the Munchies 15 (2005) With John Cho. 6.10 Picture Perfect PG (1997) With Jennifer Aniston. 8.00 Clueless 12 (1995) With Alicia Silverstone. 9.45 Meet the Fockers 12 (2004) With Ben Stiller. 11.45 Harold & Kumar Get the Munchies 15 (2005) With John Cho. 1.20 If Only 15 (2004) With Jennifer Love Hewitt. 3.00 Gridlock'd 18

(1997) With Tupac Shakur. 4.35 Two Much PG (1996)

Sky Movies Action

7.05 Hood Rat 15 (2001) 8.45 Force of Impact PG (2005) 10.25 Attack Force Z 15 (1981) 12.10 The Top 10 Show 12.30 Lord of War 15 (2005) With Nicolas Cage. 2.40 Hood Rat 15 (2001) With Isaiah Washington. 4.20 Attack Force Z 15 (1981) With John Phillip Law. 6.00 Force of Impact PG (2005) With Antonio Sabato Jr. 8.00 Lord of War 15 (2005) With Nicolas Cage. 10.05 The Replacement Killers 18 (1998) With Chow Yun-Fat. 11.35 Flesh and Blood 18 (1985) With Jennifer Jason Leigh. 1.45 Living in Fear 15 (2001) With William R Moses. 3.25 Frozen with Fear 15 (2000) 5.15 Force of Impact PG (2005)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

Sky Sports 1

6.00 Transworld Sport 7.00 FIFA Futbol Mundial 7.30 Copa America Football 9.30 Live European Tour Golf. The Open de France. 12.30 IAAF Athletix Weekly 1.00 ATP Tennis 1.30 Live America's Cup Sailing. The fifth day of the 32nd America's Cup Match. 4.00 Moto Plus 4.30 World Sport 5.00 Live International Cricket. England v West Indies. 9.00 Friday Fight Night 11.00 International Cricket 1.00 Friday Fight Night 3.00 International Cricket 5.00 Moto Plus 5.30 Rally World

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean 7.00 WWE: Raw 9.00 Ocean 9.30 Poker Week 10.00 International Cricket 12.00 FIFA Futbol Mundial 12.30 Copa America Football 12.30 Live European Tour Golf. The Open de France. 5.30 FIFA Futbol Mundial 6.00 Spirit of Golf 6.30 Live Golf Night. The second round of the US Women's Open. 11.00 Hockey 11.30 Rally World 12.00 Golf Night 5.00 Wild Spirits 5.30 Ocean

Sky Sports 3

7.00 IAAF Athletix Weekly 7.30 Race World 8.30 Rugby League 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Motor Racing 1.00 Transworld Sport 2.00 International Cricket 4.00 NBA Action 4.30 WWE: Raw

SPORT

6.30 Tight Lines 7.30 Live Super League. Leeds Rhinos v Bradford Bulls (Kick-off 8.00pm). 10.00 WWE: Late Night - Smackdown 12.00 WWE: Late Night - Bottom Line 1.00 Super League 2.30 Tight Lines 3.30 Bass Fishing 4.30 Super League

British Eusport

7.30 WATTS 8.00 MotoGP 9.00 Motocross 9.30 Motocross 10.00 World Superbikes 11.00 MotoGP 12.00 Live MotoGP. The Dutch Grand Prix 12.50c qualifying session. 12.45 Live MotoGP. The Dutch Grand Prix MotoGP qualifying session. 2.00 Live MotoGP. The Dutch Grand Prix 250cc qualifying session. 3.00 World Superbikes 4.00 Live Beach Volleyball. The men's Grand Slam event from Stavanger. 6.00 Live Volleyball. Germany v Belgium. 8.00 MotoGP 9.30 Strongest Man 10.30 Yoz Magazine 11.00 Timbersports Series 11.30 MotoGP 12.30 Close

Sky Sports Xtra

6.00 Close 10.30 Premiership Years 12.30 Sailing 1.00 Poker Week 1.30 Race World 2.30 Premiership Years 4.30 Poker Week 5.00 IAAF Athletix Weekly 5.30 Hockey 6.00 Live Rugby Union. Valke v Free State Cheetahs (Kick-off 6.10pm). 8.00 Copa America Football 10.00 America's Cup Sailing 12.00 Rugby Union 2.00 America's Cup Sailing 4.00 Rugby Union



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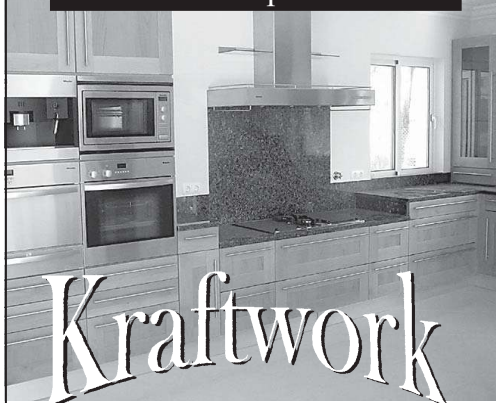
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Upward Glance



with Joyce Voelker

Comebacks

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In 2001 *Sports Illustrated Magazine* featured an article on the greatest comebacks of all time. Surprisingly, they selected the resurrection of Jesus as their number one comeback, and then followed it with others who came back against human failure and negative odds. The article stated the comeback of Christ this way: "Jesus Christ, 33 a.d. defies critics and stuns the Romans with His resurrection."

Though many famous personalities and celebrities as well as many unsung heroes have come back to victory after sickness or severe financial and career defeat, Jesus Christ made the biggest comeback when He defeated death itself. In any list of historical comebacks, His victory over the grave surely merits first place. To die and then come back to life again is a victory far superior to any other. It is what separates Christianity from the claims of any other religion of the past or present.

In this world, death ultimately triumphs over life. After the death of a loved one, we grieve knowing that there is no possibility of renewed existence in this world. Just last week I witnessed the crushing grief of a colleague and friend whose grandmother had unexpectedly died. Her grief was a natural human reaction.

When Jesus Christ walked this earth with His disciples, He predicted His own death and burial. He also promised them that after His crucifixion, He would triumph over death and come back to life. Not only is this the world's most amazing comeback, but it is also the source of mankind's greatest hope for his own future. Christ's resurrection assures us that there is life after death. There is a resurrection that awaits those who have placed their hope and faith in Him. Consider below, Christ's words to Martha before He brought Lazarus back to life.

Jesus said to her, "I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die..."

A miraculous comeback awaits all who put their hope and faith in the resurrection power of Jesus Christ.

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CHURCH IN LAGOS. Our mission: Matthew 28:18-20. Meeting daily Wednesdays at 7pm and Sundays at 10.30 am, at Praça Luis de Camões No 14 Lagos. Stefan Saunders (Pastor) Tel 963 165 983.

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INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. Urbanização Vila Praia da Dona Ana, Lote 11 B, 8600 Lagos (50 metres from the Hotel Golfinho). Tel. 282-086804 or 282-697546.

INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE Warmly welcome residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterside Park. Services in English, creche and Sunday School. For further information: 289 328635.

LAGOA CHRISTIAN FELLOWSHIP An International English speaking church. Contemporary

worship and Christ-centred study of the Bible. "God Squad" for kids, toddler thru preteen. Service every Sunday 11am to 12.30pm. Portuguese translation available. New address: EN125 - Vale de Lousas, Alcantarilha. Next to Auto Heat, SACL & Centro de Lareiras. Pastor Alípio Amaral Tel 968 801 237. Visit our website at www.lagosfellowship.com

TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Cândido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966380404. E-mail: jackieandmo@yahoo.co.uk

ROMAN CATHOLIC ST. ANDREWS, PENINHA R.C. Mass in English every Saturday 6pm, St. Andrews Church, Peninha. For further information, please contact Padre Manuel 282 459151

SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

EREV SHABAT - For services Tel: 282 416710

Oporto

GREATER GRACE World Outreach has LIVE (and archived) internet church services for free viewing through their website. www.ggo.org; contemporary and inspiring worship, uplifting music and outstanding Bible teaching. Their ministry contacts in Portugal can also be found under the "Missions" link - Check it out and be blessed!

RIVERSIDE PORTO INTERNATIONAL CHURCH - Oporto. A church that is fun and enriching; Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG. between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 for more details. contact@riversideporto.com web site www.riversideporto.com

ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoportoo.org

CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH. At 6.00pm on the first Sunday of each month. Held in the Evangelical Baptist Church, Rua Dr. José Sautade e Silva 27/29 (between Caldas da Rainha Railway Station and "Pingo Doce". All welcome.

"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." - Psalm 46:10

Announcements

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LAGOS ANIMAL Protection Society has a charity sale at Burgau Sports Club every 2nd Sat. of the month. All proceeds go towards helping Algarve animals. For further details please phone Tel.: 282 687 334 or mobile 966 047 994 after 6pm.

THE ANIMAL charity shop behind the pharmacy in Montechoro needs volunteers to help in the shop & also other volunteers to transport animals to the vet or the abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help would be greatly appreciated. Please call Lesley on mobile 962 414 584 or call into the animal charity shop in Montechoro.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. If you don't want it, let us sell it. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

ABA CHARITY shop, Av. do Tennis, No 41D, Albufeira, (the road at the traffic lights, on the dual carriageway, just before the dolphin roundabout). Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

HELP THE orphans. Visit the bazaar in aid of the children in need. Find us in Estoí, opposite palace gates, Wed. to Sat. 10am - 5pm. Mobile 966 573 272, Tel.: 289 991 319 or 289 721 938.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

SALES & TELESALLES

Clube Praia Da Oura (CPO) has moved its successful Telesales operation to the Algarve.

We are looking for self money motivated personal to contact our existing members. (30,000+ members). Experience not essential as full training given, but must be confident on the telephone with a great personality. Basic plus commission OTE €30,000 to €50,000.

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ENGLISH DENTAL Surgeon Dr. Francis Haley, Av. 25 Abril, 184-1°C, Cascais. Tel.: 214 863 012.

CLINICA OPTIMA Forma, Bernard V.W. Vrijlandhoven Osteopathy Spine Clinic, Physiotherapy Tel.: 289 399 841.

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Support Groups

ALCOHOLICS ANONYMOUS New meeting in East Algarve, Tavira. English speaking meeting 7:30 Thurs. 30R. Dr. Parreira, Tavira mob. 916 013 265.

ALCOHOLICS ANONYMOUS -

Algarve. Do you or anyone you know have a problem with alcohol? If so, there is a solution. **WEEKLY MEETINGS:** Mon.: Portimão 7.30pm. Tues.: Almacil 1.00pm; Almacil 6.30pm (Men's meeting); Albufeira 8.00pm. Wed.: Almacil 7.30pm. Thurs.: Pêra 7.30pm; Tavira 7.30pm. Fri.: Almacil 1.00pm; Portimão 7.30pm. Sat.: Almacil 5.30pm. If you would like assistance finding a meeting please call 919 005 590 between 10.00 and 7.30pm. For Portuguese speaking AA please call mobile 917 483 478. For GSO Lisbon AA please call Tel.: 217 162 969.

ALCOHOLICS ANONYMOUS

English speaking meetings 7pm Sun., The Crypt, Igreja de Santo António, Av. de Marginal, Estoril; and 7pm Tues., St Paul's Church, Av. dos Bombeiros Voluntários, Estoril. (Please confirm Tues. meeting - mobile 965 059 949).

CANCER DOESN'T care - but we do! CANCER is a group of ladies supporting one another through the trauma of cancer and beyond, both our own or others, both past and present, with laughter and tears, with kindness and caring, with experiences and positivity, but most of all with sharing. If you would like to join us or just talk to us, please phone Joan on Tel.: 289 843 472.

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Mums & Toddlers

Explorers & Climbers Mother & toddler group meets every Tuesday at 9.45am - 11.30 am.



Crafts, songs and lots of fun ... Where? Lagoa Christian Fellowship hall, Vale de Lousas, EN125, Alcantarilha. Refreshments available. Contact Elaine for more details on 916 447 407.

Mums & Tots



Tuesdays 10.00am - 12 Noon. Meet friends, coffee, fun, playing, puppets. ICC Church Hall, Lagos.

For further details on location of Church and Sunday services (with Kidz Klub) & other activities and available courses at International Community Church, see web site www.icc-lagos.org or call 282 697 546 or 282 086 804.

ICF MUMS and Toddlers

group 'Pop-ins' meet on Wednesday mornings, from 9.45am to 12 midday, in the church fellowships room, The Bridge, in Cedipraia, Portimão. Ages from birth to 3 years. Contact Marina on 964 820 392 for more information.

Night club

LIFE NIGHT Club - Sensuality, entertainment, glamour, ballets. The most beautiful dancers. From 10.00pm - 04.00am. www.lifeclub.com Tel.: 913 004 490. Av. V6 Portimão (2 min from Praia da Rocha).

Charity sales

LIONS CLUBE de Loulé 'Garden Party'. Sunday June 24th 2.30 - 6.00 pm at Restaurant Jardim de Vale, Vale Formoso, Almacil. - an afternoon of entertainment and lots of bargains - raising funds for Existir. For more information ring 289 416 659.

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Please ring Mark Banner on 963 556 155 or George Wilkinson on 963 447 275 for further details - email sales@vilacastelo.com

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tim@gomez.net

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
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First aid simulation on the golf course

To keep abreast of the ever-discerning tourists that make their way to the region as well as offering the best in customer care and quality, the Pestana Golf course, Carvoeiro, has teamed up with leading medical partners to make sure the best possible assistance is offered in worst-case scenarios.

With the aid of Hemoportugal SA, the Portuguese Red Cross, the Trauma and Emergency Group and the Hospital Particular do Algarve, a staged heart-attack situation which took place on the golf course on June 5th was responded to with accuracy and efficiency.

Staff response in aiding the

victim, utilization of the defibrillator, stabilisation and transport of the victim, and treatment in the Hospital Particular's ER department was evaluated during the simulation.

At the end of the day, during an official ceremony, the resort was presented with two defibrillators of their own.



Benfica shares soar after takeover bid

Portuguese stock market regulator (CMVM) said this week it will approve all transfers of players by Benfica during the takeover bid by billionaire fan of the club and businessman Joe Berardo.

By Wednesday, the previously-ailing shares of the club that ended third in the league behind FC Porto and Sporting had risen by 22 percent to a value of €4.40 a share.

The surge in share price came after the CMVM told Metalgest, the company which Joe Berardo owns, to up its bid from 60 percent of Benfica's shares to 85 percent.

Metalgest is proposing €3.50 per B share.

Metalgest already owns 5,291 B shares and wants to control at least 50.01 percent of those shares, which equates to about 30 percent of Benfica's share capital.

Benfica has an estimated 33 percent free-float, with about 67 percent in the hands of the club and individual investors.



Cricket Family Fun Day



This Saturday, 23rd June there will no doubt be many a curious glance from the local population in the village of Villablanca, just outside the Spanish border town of Ayamonte, as England's traditional summer sport of cricket makes its debut in the area.

Quite what the Spanish will make of the expat community introducing them to the likes of 'silly mid on' and the concept of 'bowling a maiden over' remains to be seen but the organisers seem confident.

"We've had a great response locally," said co-organiser Jon Stevens of Isla Marketing. "Although I have to admit that most don't really know what the game is about."

In the Algarve, some Portuguese are already acquainted with the centuries-old sport of English gentlemen thanks to the cricket team that operates out of Barringtons Sports Complex in Vale de Lobo. Yet in the Costa de la Luz region of Spain the sport remains unknown.

The day, which kicks off at 5pm, is being organised in an informal way with players, regardless of their experience, invited to turn up on the day where they will then be divided up into teams. In keeping with the informal theme, the event is being publicised as a Family Fun Day, similar to a mini Village Fete, with a full bar featuring Pimms and Sangria, barbeque and children's activities including an inflatable castle.

"We decided that for our first event we wanted as many people as possible to participate in the day, whether as a player or a spectator," explained co-organiser Jerry Simpson. "This is why we opted for a Fete-like event to keep it all as fun as possible."

The event is being sponsored by Ayamonte-based real estate agents Absolute Property Sales in conjunction with the newly elected Villablanca town council.

New Mayor, Manuel Ambrosio Carrasco, admitted not knowing anything about the sport, but was enthusiastic about the event.

"Initiatives such as this which bring together both sectors of the community are fantastic for our village," said Sr. Ambrosio. "It's good to see the foreign community participating in our traditions so now we have a chance to participate in a great English tradition."

With the Central Algarve only around 45 minutes from the border, the organisers hope to attract many expats and Portuguese to this inaugural event of Cricket Ayamonte. The turning off the A-49 motorway for Villablanca is about 6km after the Guadiana International Bridge at exit 125 with the village itself a further 5km away. For more information email: cricketayamonte@gmail.com or telephone +34 692 937 319.

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